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Radiology – One-Liner Flashcards

- **Most common contrast used in CT scan?** → Non-ionic iodinated contrast
- **Contrast used in MRI?** → Gadolinium
- **Contrast used in barium swallow?** → Barium sulfate
- **Contrast used if perforation suspected in GI study?** → Water-soluble contrast (Gastrografin)
- **Most sensitive imaging for acute stroke?** → Diffusion-weighted MRI
- **First investigation in suspected stroke?** → Non-contrast CT brain
- **Best imaging for subarachnoid hemorrhage?** → CT brain (non-contrast)
- **Most sensitive imaging for subarachnoid hemorrhage after 3 days?** → MRI FLAIR
- **Best imaging for extradural hematoma?** → CT brain (non-contrast)
- **Shape of extradural hematoma on CT?** → Biconvex (lens-shaped)
- **Shape of subdural hematoma on CT?** → Crescent-shaped
- **Best imaging for diffuse axonal injury?** → MRI brain
- **Best investigation for suspected pulmonary embolism?** → CT pulmonary angiography
- **Best imaging for bronchiectasis?** → High-resolution CT (HRCT) chest
- **Best initial imaging for pleural effusion?** → Chest X-ray (PA view)
- **Best view for small pleural effusion?** → Lateral decubitus X-ray
- **Best imaging for pneumothorax?** → Chest X-ray (inspiration, erect)
- **Best imaging for minimal pneumothorax?** → Expiratory chest X-ray or CT chest
- **Best imaging for interstitial lung disease?** → HRCT chest
- **Best imaging for mediastinal mass?** → CT chest with contrast
- **Most sensitive imaging for liver hemangioma?** → MRI liver
- **Best investigation for obstructive jaundice?** → MRCP
- **Best imaging for choledocholithiasis?** → MRCP or ERCP (diagnostic + therapeutic)
- **Best imaging for acute cholecystitis?** → Ultrasound abdomen
- **Best imaging for splenic rupture?** → FAST ultrasound in trauma
- **Best imaging for pancreatic pseudocyst?** → CT abdomen
- **Best imaging for renal stones?** → Non-contrast CT KUB
- **Best initial imaging for suspected renal colic in pregnancy?** → Ultrasound
- **Best investigation for renal artery stenosis?** → CT angiography or MR angiography
- **Best initial imaging for urinary retention?** → Ultrasound bladder
- **Best imaging for vesicoureteral reflux?** → Micturating cystourethrogram (MCUG)
- **Best imaging for suspected fracture?** → Plain X-ray
- **Best imaging for occult fracture?** → MRI
- **Best imaging for stress fracture?** → Bone scan or MRI
- **Most sensitive imaging for osteomyelitis in early stage?** → MRI
- **Best imaging for avascular necrosis?** → MRI
- **Best imaging for multiple myeloma?** → MRI whole spine + pelvis
- **Best imaging for bone metastasis (lytic)?** → MRI
- **Best imaging for bone metastasis (sclerotic)?** → Bone scan
- **Best imaging for breast cancer screening?** → Mammography
- **Best imaging for dense breast tissue?** → Ultrasound
- **Best imaging for microcalcifications in breast?** → Mammography
- **Best imaging for staging breast cancer?** → MRI breast
- **Best imaging for thyroid nodule evaluation?** → Ultrasound thyroid
- **Best imaging for parathyroid adenoma?** → Sestamibi scan
- **Best imaging for adrenal mass characterization?** → CT or MRI adrenal
- **Best imaging for pituitary adenoma?** → MRI sella
- **Best imaging for acoustic neuroma?** → MRI internal auditory meatus
- **Most radiation exposure investigation?** → CT abdomen
- **Investigation with no ionizing radiation?** → MRI, ultrasound

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Pulmonology – One-Liner Flashcards

- **Most common cause of community-acquired pneumonia?** → Streptococcus pneumoniae
- **Most common cause of pneumonia in young adults?** → Mycoplasma pneumoniae
- **Most common cause of hospital-acquired pneumonia?** → Pseudomonas aeruginosa
- **Most common cause of ventilator-associated pneumonia?** → Pseudomonas aeruginosa
- **Most common cause of atypical pneumonia?** → Mycoplasma pneumoniae
- **Most common cause of pneumonia in HIV with CD4 <200?** → Pneumocystis jirovecii
- **Most common cause of post-influenza bacterial pneumonia?** → Staphylococcus aureus
- **Most common cause of lung abscess?** → Aspiration pneumonia (anaerobes)
- **Most common cause of acute bronchitis?** → Viruses (influenza, RSV)
- **Most common cause of chronic bronchitis?** → Smoking
- **Most common cause of emphysema?** → Smoking
- **Most common cause of panacinar emphysema?** → Alpha-1 antitrypsin deficiency
- **Most common cause of bronchiectasis in developed countries?** → Cystic fibrosis
- **Most common cause of bronchiectasis in developing countries?** → Post-tuberculosis
- **Most common cause of lung cancer overall?** → Adenocarcinoma
- **Most common lung cancer in non-smokers?** → Adenocarcinoma
- **Most common lung cancer in smokers?** → Squamous cell carcinoma
- **Most common lung cancer causing Pancoast tumor?** → Squamous cell carcinoma
- **Most common lung cancer causing SIADH?** → Small cell lung carcinoma
- **Most common lung cancer causing hypercalcemia?** → Squamous cell carcinoma
- **Most common lung cancer metastasizing to the brain?** → Small cell carcinoma
- **Most common site of lung cancer metastasis?** → Adrenal glands
- **Most common cause of hemoptysis worldwide?** → Tuberculosis
- **Most common cause of massive hemoptysis?** → Bronchiectasis
- **Most common cause of chronic cough worldwide?** → Tuberculosis
- **Most common cause of chronic cough in developed countries?** → Postnasal drip
- **Most common occupational lung disease worldwide?** → Pneumoconiosis
- **Most common type of pneumoconiosis?** → Coal worker's pneumoconiosis
- **Most common pneumoconiosis causing mesothelioma?** → Asbestosis
- **Most common pneumoconiosis causing upper lobe fibrosis?** → Silicosis
- **Most common cause of cor pulmonale?** → COPD
- **Most common cause of acute cor pulmonale?** → Pulmonary embolism
- **Most common cause of pulmonary embolism?** → Deep vein thrombosis (DVT)
- **Most common site of DVT causing PE?** → Deep veins of lower limb
- **Most common type of pulmonary hypertension?** → Secondary to left heart disease
- **Most common cause of ARDS?** → Sepsis
- **Most common cause of neonatal respiratory distress syndrome?** → Prematurity
- **Most important risk factor for neonatal RDS?** → Maternal diabetes
- **Most common cause of pleural effusion overall?** → Congestive heart failure
- **Most common cause of transudative pleural effusion?** → Congestive heart failure
- **Most common cause of exudative pleural effusion?** → Pneumonia
- **Most common cause of empyema?** → Bacterial pneumonia
- **Most common cause of spontaneous pneumothorax in young adults?** → Ruptured subpleural bleb
- **Most common cause of secondary spontaneous pneumothorax?** → COPD
- **Most common cause of tension pneumothorax?** → Trauma
- **Most common cause of mediastinal mass in adults?** → Thymoma
- **Most common cause of mediastinal mass in children?** → Neurogenic tumors
- **Most common cause of chronic respiratory failure worldwide?** → COPD
- **Most common cause of bronchial asthma exacerbation?** → Respiratory viral infection

- **Most common cause of death in asthma?** → Status asthmaticus

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Pulmonology – One-Liner Flashcards

- **Most common cause of community-acquired pneumonia (CAP)?** → Streptococcus pneumoniae
- **Most common cause of atypical pneumonia?** → Mycoplasma pneumoniae
- **Most common cause of hospital-acquired pneumonia?** → Pseudomonas aeruginosa
- **Most common cause of pneumonia in HIV patients?** → Pneumocystis jirovecii
- **Most common cause of pneumonia in alcoholics?** → Klebsiella pneumoniae
- **Most common cause of lung abscess?** → Aspiration (anaerobes)
- **Most common cause of bronchiectasis worldwide?** → Post-infectious
- **Most common cause of bronchiectasis in developed countries?** → Cystic fibrosis
- **Most common cause of chronic cough worldwide?** → Tuberculosis
- **Most common cause of hemoptysis worldwide?** → Tuberculosis
- **Most common cause of massive hemoptysis?** → Bronchiectasis
- **Most common cause of acute bronchitis?** → Viral
- **Most common cause of bronchiolitis in infants?** → Respiratory syncytial virus (RSV)
- **Most common cause of laryngotracheobronchitis (croup)?** → Parainfluenza virus
- **Most common cause of epiglottitis?** → Haemophilus influenzae type b
- **Most common cause of stridor in children?** → Croup
- **Most common cause of pleural effusion worldwide?** → Tuberculosis
- **Most common cause of pleural effusion in developed countries?** → Heart failure
- **Most common cause of exudative pleural effusion?** → Tuberculosis
- **Most common cause of transudative pleural effusion?** → Heart failure
- **Most common cause of spontaneous pneumothorax in young adults?** → Rupture of subpleural blebs
- **Most common cause of secondary spontaneous pneumothorax?** → COPD
- **Most common cause of ARDS?** → Sepsis
- **Most common occupational lung disease worldwide?** → Silicosis
- **Most common occupational lung disease in developed countries?** → Asbestosis
- **Most common cause of lung cancer worldwide?** → Smoking
- **Most common type of lung cancer overall?** → Adenocarcinoma
- **Most common type of lung cancer in smokers?** → Squamous cell carcinoma
- **Most common type of lung cancer in non-smokers?** → Adenocarcinoma
- **Most common lung cancer causing Pancoast tumor?** → Squamous cell carcinoma
- **Most common lung cancer causing SIADH?** → Small cell carcinoma
- **Most common lung cancer causing hypercalcemia?** → Squamous cell carcinoma
- **Most common site of lung metastasis?** → Adrenal glands
- **Most common cause of mediastinal mass in adults?** → Lymphoma
- **Most common cause of mediastinal mass in children?** → Neurogenic tumor
- **Most common cause of death in cystic fibrosis?** → Respiratory failure
- **Most common mutation in cystic fibrosis?** → ΔF508 mutation in CFTR gene
- **Most common organism in early CF lung infections?** → Staphylococcus aureus
- **Most common organism in late CF lung infections?** → Pseudomonas aeruginosa
- **Most common cause of cor pulmonale?** → COPD
- **Most common cause of chronic hypoxemia?** → COPD
- **Most common cause of clubbing worldwide?** → Bronchiectasis
- **Most common cause of upper lobe fibrosis?** → Silicosis
- **Most common cause of lower lobe fibrosis?** → Asbestosis
- **Most common cause of hypersensitivity pneumonitis?** → Farmer's lung (moldy hay)
- **Most common cause of allergic bronchopulmonary aspergillosis (ABPA)?** → Aspergillus fumigatus
- **Most common cause of secondary pulmonary hypertension?** → COPD
- **Most common cause of primary pulmonary hypertension?** → Idiopathic (BMPR2 mutation)

- **Most common cause of death in pulmonary embolism?** → Right ventricular failure
- **Most common cause of recurrent pulmonary embolism?** → Untreated DVT

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Public Health Sciences – One-Liner Flashcards

- **Father of modern epidemiology?** → John Snow
- **First epidemiological study in history?** → John Snow – Cholera outbreak in London
- **Father of public health?** → Winslow
- **Definition of epidemiology?** → Study of distribution & determinants of health-related states in populations
- **Definition of incidence?** → New cases in a population over a period of time
- **Definition of prevalence?** → All cases (new + old) at a specific time
- **Formula for incidence rate?** → (New cases ÷ Population at risk) × multiplier
- **Formula for prevalence?** → (All cases ÷ Total population) × multiplier
- **Best study design for rare diseases?** → Case-control study
- **Best study design for rare exposures?** → Cohort study
- **Study that gives relative risk (RR)?** → Cohort study
- **Study that gives odds ratio (OR)?** → Case-control study
- **RR > 1 means?** → Exposure increases risk of disease
- **RR < 1 means?** → Exposure is protective
- **If 95% CI for RR includes 1 →** Not statistically significant
- **If p-value < 0.05 →** Statistically significant
- **Best study design for prognosis?** → Cohort study
- **Best study design for diagnostic accuracy?** → Cross-sectional study
- **Best study design for intervention?** → Randomized controlled trial (RCT)
- **Gold standard for clinical research?** → RCT
- **Type I error (α)?** → Rejecting a true null hypothesis (false positive)
- **Type II error (β)?** → Failing to reject a false null hypothesis (false negative)
- **Power of a test?** → 1 − β (probability of detecting a true effect)
- **Sensitivity formula?** → TP ÷ (TP + FN)
- **Specificity formula?** → TN ÷ (TN + FP)
- **Positive predictive value (PPV) formula?** → TP ÷ (TP + FP)
- **Negative predictive value (NPV) formula?** → TN ÷ (TN + FN)
- **If disease prevalence increases →** PPV ↑, NPV ↓
- **If disease prevalence decreases →** PPV ↓, NPV ↑
- **Confounding factor?** → Variable related to both exposure and outcome that distorts association
- **Bias?** → Systematic error in study design or analysis
- **Selection bias?** → Error due to non-representative sample selection
- **Recall bias?** → Error due to inaccurate memory of participants
- **Observer bias?** → Error due to investigator's expectations
- **Lead-time bias?** → Early diagnosis appears to improve survival but doesn't
- **Length-time bias?** → Screening detects more slow-growing diseases
- **Number needed to treat (NNT)?** → 1 ÷ Absolute risk reduction
- **Number needed to harm (NNH)?** → 1 ÷ Absolute risk increase
- **Best graph for categorical data?** → Bar chart
- **Best graph for continuous data?** → Histogram
- **Normal distribution curve mean = median = mode?** → Yes
- **If mean > median →** Positively skewed distribution
- **If mean < median →** Negatively skewed distribution
- **Primary prevention example?** → Immunization
- **Secondary prevention example?** → Screening
- **Tertiary prevention example?** → Rehabilitation
- **Quaternary prevention?** → Avoiding over-medicalization
- **DALY stands for?** → Disability Adjusted Life Years
- **QALY stands for?** → Quality Adjusted Life Years

- **Most reliable measure of disease burden in population?** → DALY

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Psychiatry – One-Liner Flashcards

- **Most common psychiatric disorder worldwide?** → Depression
- **Most common cause of disability worldwide?** → Depression
- **Most common psychiatric disorder in primary care?** → Generalized anxiety disorder
- **Most common psychiatric disorder in Pakistan?** → Depression
- **Most common psychiatric disorder in elderly?** → Depression
- **Most common psychiatric disorder in children?** → ADHD
- **Most common anxiety disorder?** → Specific phobia
- **Most common cause of suicide?** → Depression
- **Most common psychiatric disorder associated with suicide?** → Depression
- **Most common method of suicide in Pakistan?** → Poisoning (organophosphates)
- **Most common psychiatric disorder associated with homicide?** → Schizophrenia
- **Most common cause of psychosis in elderly?** → Dementia
- **Most common cause of psychosis in young adults?** → Schizophrenia
- **Most common type of schizophrenia?** → Paranoid
- **Most common type of delusion?** → Persecutory delusion
- **Most common hallucination in schizophrenia?** → Auditory hallucinations
- **Most common hallucination in organic brain disease?** → Visual hallucinations
- **Most common substance causing hallucinations?** → LSD
- **Most common drug causing psychosis?** → Amphetamines
- **Most common cause of delirium?** → Infection (UTI, pneumonia)
- **Most common psychiatric disorder in hospitalized elderly?** → Delirium
- **Most common cause of dementia worldwide?** → Alzheimer's disease
- **Most common cause of reversible dementia?** → Hypothyroidism
- **Most common cause of dementia in young?** → Frontotemporal dementia
- **Most common cause of late-onset psychosis?** → Dementia
- **Most common cause of post-traumatic stress disorder?** → War, accidents, assaults
- **Most common personality disorder?** → Borderline personality disorder
- **Most common personality disorder in men?** → Antisocial personality disorder
- **Most common personality disorder in women?** → Borderline personality disorder
- **Most common comorbidity in anxiety disorders?** → Depression
- **Most common drug used for acute anxiety?** → Benzodiazepines
- **Most common drug for long-term management of anxiety?** → SSRIs
- **Most common drug for depression?** → SSRIs
- **Most common drug for bipolar disorder prophylaxis?** → Lithium
- **Most common drug for acute mania?** → Valproate
- **Most common drug for acute bipolar depression?** → Quetiapine
- **Most common drug causing neuroleptic malignant syndrome?** → Haloperidol
- **Most common drug causing serotonin syndrome?** → SSRIs
- **Most common cause of tardive dyskinesia?** → Chronic use of typical antipsychotics
- **Most common cause of lithium toxicity?** → Dehydration
- **Most common psychiatric condition in pregnancy?** → Depression
- **Most common drug for depression in pregnancy?** → Sertraline
- **Most common postpartum psychiatric disorder?** → Postpartum depression
- **Most common psychiatric emergency?** → Suicide attempt
- **Most common psychiatric disorder in epilepsy patients?** → Depression
- **Most common psychiatric disorder in Parkinson's disease?** → Depression
- **Most common psychiatric disorder in multiple sclerosis?** → Depression
- **Most common psychiatric disorder in myocardial infarction survivors?** → Depression
- **Most common psychiatric disorder in cancer patients?** → Depression
- **Most common psychiatric disorder after stroke?** → Depression

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Paediatrics – One-Liner Flashcards

- **Most common cause of neonatal sepsis worldwide?** → Group B Streptococcus
- **Most common cause of early-onset neonatal sepsis in Pakistan?** → E. coli
- **Apgar score assessed at?** → 1 and 5 minutes after birth
- **Apgar score components?** → Appearance, Pulse, Grimace, Activity, Respiration
- **Normal Apgar score?** → 7–10
- **Birth weight of LBW baby?** → <2.5 kg
- **Birth weight of VLBW baby?** → <1.5 kg
- **Birth weight of ELBW baby?** → <1.0 kg
- **Average weight at birth?** → 2.8–3.2 kg
- **Weight doubles by?** → 5 months
- **Weight triples by?** → 1 year
- **Weight quadruples by?** → 2 years
- **Length at birth?** → ~50 cm
- **Length doubles by?** → 4 years
- **Head circumference at birth?** → 34–35 cm
- **Anterior fontanelle closes by?** → 12–18 months
- **Posterior fontanelle closes by?** → 6–8 weeks
- **Most common cause of neonatal jaundice?** → Physiological jaundice
- **Kernicterus caused by?** → Unconjugated hyperbilirubinemia crossing BBB
- **Breast milk jaundice onset?** → After first week of life
- **Breastfeeding jaundice onset?** → First week of life
- **Most common congenital heart disease overall?** → VSD
- **Most common cyanotic CHD in newborns?** → Transposition of great arteries (TGA)
- **Most common cyanotic CHD after infancy?** → Tetralogy of Fallot
- **Boot-shaped heart on X-ray?** → Tetralogy of Fallot
- **Egg-on-string heart on X-ray?** → TGA
- **Most common cause of meningitis in neonates?** → Group B Streptococcus
- **Most common cause of meningitis in children (3 months–5 years)?** → Streptococcus pneumoniae
- **Most common cause of bacterial pneumonia in children?** → Streptococcus pneumoniae
- **Most common cause of viral pneumonia in children?** → RSV
- **Croup most common cause?** → Parainfluenza virus
- **Stridor in neonate most common cause?** → Laryngomalacia
- **Most common cause of bronchiolitis?** → RSV
- **Whooping cough causative organism?** → Bordetella pertussis
- **Most common cause of diarrhea in children worldwide?** → Rotavirus
- **Most common cause of bloody diarrhea in children?** → Shigella
- **Most common cause of intussusception?** → Idiopathic (hyperplasia of Peyer's patches)
- **Most common site of intussusception?** → Ileocecal junction
- **Current jelly stools seen in?** → Intussusception
- **Pyloric stenosis hallmark sign?** → Projectile non-bilious vomiting
- **Electrolyte abnormality in pyloric stenosis?** → Hypochloremic hypokalemic metabolic alkalosis
- **Most common pediatric malignancy?** → ALL
- **Most common renal tumor in children?** → Wilms' tumor
- **Most common abdominal tumor in children?** → Neuroblastoma
- **Blueberry muffin baby?** → Congenital rubella, CMV
- **Slapped cheek rash?** → Parvovirus B19
- **Koplik spots seen in?** → Measles
- **Most common vitamin deficiency in children worldwide?** → Iron deficiency
- **Most common cause of rickets in children?** → Nutritional vitamin D deficiency

- **Most common cause of preventable childhood blindness worldwide?** → Vitamin A deficiency

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Ophthalmology – One-Liner Flashcards

- **Most common cause of blindness worldwide?** → Cataract
- **Most common cause of preventable blindness worldwide?** → Trachoma
- **Most common cause of irreversible blindness worldwide?** → Glaucoma
- **Most common cause of blindness in developed countries?** → Age-related macular degeneration (ARMD)
- **Most common cause of childhood blindness worldwide?** → Vitamin A deficiency
- **Most common cause of corneal blindness in developing countries?** → Trachoma
- **Most common cause of corneal ulcer in contact lens users?** → Pseudomonas aeruginosa
- **Most common cause of painful red eye?** → Conjunctivitis
- **Most common cause of neonatal conjunctivitis in first 24 hrs?** → Chemical (silver nitrate)
- **Most common cause of neonatal conjunctivitis in 2–5 days?** → Neisseria gonorrhoeae
- **Most common cause of neonatal conjunctivitis in 5–14 days?** → Chlamydia trachomatis
- **Most common cause of bacterial conjunctivitis in adults?** → Staphylococcus aureus
- **Most common cause of viral conjunctivitis?** → Adenovirus
- **Most common cause of keratitis worldwide?** → Herpes simplex virus
- **Dendritic ulcer in cornea caused by?** → Herpes simplex virus
- **Ring-shaped corneal ulcer caused by?** → Acanthamoeba
- **Most common cause of blindness in diabetics?** → Diabetic retinopathy
- **Most common cause of vision loss in hypertensive patients?** → Hypertensive retinopathy
- **Cherry-red spot seen in?** → Central retinal artery occlusion, Tay–Sachs, Niemann–Pick
- **Most common cause of central retinal artery occlusion?** → Embolism from carotid artery
- **Most common cause of central retinal vein occlusion?** → Thrombosis
- **Most common primary intraocular tumor in adults?** → Melanoma of choroid
- **Most common intraocular malignancy in children?** → Retinoblastoma
- **Most common cause of leukocoria in children?** → Retinoblastoma
- **Most common cause of proptosis in adults?** → Thyroid eye disease (Graves' orbitopathy)
- **Most common cause of unilateral proptosis in children?** → Orbital cellulitis
- **Most common cause of bilateral proptosis in children?** → Leukemia
- **Painful proptosis most common cause?** → Orbital cellulitis
- **Most common cause of painless proptosis?** → Thyroid eye disease
- **Most common cause of night blindness worldwide?** → Vitamin A deficiency
- **Bitot's spots indicate?** → Vitamin A deficiency
- **Most common cause of acute loss of vision in one eye?** → Central retinal artery occlusion
- **Most common cause of gradual painless loss of vision in elderly?** → Cataract
- **Most common cause of sudden painless loss of vision?** → Retinal vascular occlusion
- **Most common cause of sudden painful loss of vision?** → Acute angle-closure glaucoma
- **Most common cause of congenital cataract worldwide?** → Rubella infection
- **Most common cause of blindness in children in developed countries?** → Retinopathy of prematurity (ROP)
- **ROP risk factor?** → Prematurity + oxygen therapy
- **Most common cause of diplopia?** → Cranial nerve palsy (III, IV, VI)
- **Most common cranial nerve palsy in head injury?** → Trochlear nerve (IV)
- **Most common cause of ptosis?** → Third nerve palsy
- **Most common cause of Horner's syndrome in adults?** → Pancoast tumor
- **Marcus Gunn pupil seen in?** → Optic neuritis
- **Most common cause of optic neuritis?** → Multiple sclerosis
- **Most common cause of endophthalmitis post-cataract surgery?** → Staphylococcus epidermidis
- **Most common site of open-angle glaucoma damage?** → Optic nerve head
- **Most common cause of secondary open-angle glaucoma?** → Pseudoexfoliation syndrome
- **Most common cause of secondary closed-angle glaucoma?** → Lens-induced

- **Most common drug causing glaucoma?** → Steroids
- **Most common drug causing miosis?** → Pilocarpine

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Oncology – One-Liner Flashcards

- **Most common cancer worldwide?** → Breast cancer
- **Most common cancer in men worldwide?** → Lung cancer
- **Most common cancer in women worldwide?** → Breast cancer
- **Most common cause of cancer-related death worldwide?** → Lung cancer
- **Most common cancer in children?** → Leukemia (ALL)
- **Most common solid tumor in children?** → Brain tumors
- **Most common abdominal tumor in children?** → Neuroblastoma
- **Most common renal tumor in children?** → Wilms tumor
- **Most common intraocular tumor in children?** → Retinoblastoma
- **Most common malignant bone tumor in children?** → Osteosarcoma
- **Most common primary malignant bone tumor in adults?** → Multiple myeloma
- **Most common benign bone tumor?** → Osteochondroma
- **Most common soft tissue sarcoma in adults?** → Liposarcoma
- **Most common soft tissue sarcoma in children?** → Rhabdomyosarcoma
- **Most common primary brain tumor in adults?** → Glioblastoma multiforme
- **Most common benign brain tumor in adults?** → Meningioma
- **Most common brain tumor in children?** → Medulloblastoma
- **Most common cerebellar tumor in children?** → Medulloblastoma
- **Most common supratentorial tumor in children?** → Craniopharyngioma
- **Most common cause of spinal cord metastasis?** → Lung cancer
- **Most common site of bone metastasis?** → Vertebrae
- **Most common cancer metastasizing to bone?** → Prostate (blastic), breast (lytic/blastic)
- **Most common cancer metastasizing to brain?** → Lung cancer
- **Most common cancer metastasizing to liver?** → Colorectal cancer
- **Most common skin cancer worldwide?** → Basal cell carcinoma
- **Most common malignant skin cancer?** → Squamous cell carcinoma
- **Most common cause of melanoma?** → UVB radiation
- **Most common type of melanoma?** → Superficial spreading melanoma
- **Most common paraneoplastic endocrine syndrome?** → SIADH (small cell lung carcinoma)
- **Most common paraneoplastic neurological syndrome?** → Lambert-Eaton myasthenic syndrome (small cell lung carcinoma)
- **Most common cause of superior vena cava syndrome?** → Small cell lung carcinoma
- **Most common cause of Pancoast tumor?** → Non-small cell lung carcinoma (squamous)
- **Most common tumor causing ectopic ACTH production?** → Small cell lung carcinoma
- **Most common tumor causing hypercalcemia of malignancy?** → Squamous cell carcinoma of lung
- **Most common tumor causing erythrocytosis?** → Renal cell carcinoma
- **Most common tumor causing hypoglycemia?** → Insulinoma
- **Most common tumor of the appendix?** → Carcinoid tumor
- **Most common tumor producing serotonin?** → Carcinoid tumor
- **Most common site of carcinoid tumor?** → Appendix
- **Most common cause of death in cancer patients?** → Infection
- **Most common cause of death in breast cancer patients?** → Metastasis
- **Most common site of breast cancer metastasis?** → Bone
- **Most common histologic type of breast cancer?** → Invasive ductal carcinoma
- **Most common site of lung cancer metastasis?** → Brain
- **Most common histologic type of lung cancer?** → Adenocarcinoma
- **Most common lung cancer in smokers?** → Squamous cell carcinoma
- **Most common lung cancer in nonsmokers and women?** → Adenocarcinoma
- **Most common site of prostate cancer metastasis?** → Bone (spine, pelvis)

- **Most common histologic type of gastric cancer?** → Adenocarcinoma
- **Most common histologic type of colorectal cancer?** → Adenocarcinoma

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Obstetrics – One-Liner Flashcards

- **Normal duration of pregnancy?** → 280 days (40 weeks) from LMP
- **Term pregnancy definition?** → 37–42 weeks gestation
- **Preterm pregnancy?** → <37 weeks gestation
- **Post-term pregnancy?** → >42 weeks gestation
- **Naegle's rule for EDD?** → LMP + 9 months + 7 days
- **Most common site of fertilization?** → Ampulla of fallopian tube
- **Implantation occurs on?** → Day 6–7 after fertilization
- **Most common site of implantation?** → Posterior wall of upper uterine cavity
- **Hormone detected in pregnancy tests?** → hCG
- **hCG secreted by?** → Syncytiotrophoblast
- **Function of hCG?** → Maintains corpus luteum in early pregnancy
- **Physiological anemia of pregnancy due to?** → Plasma volume increase > RBC mass
- **Normal weight gain in pregnancy?** → 11–16 kg
- **Supine hypotension in pregnancy caused by?** → Compression of IVC by gravid uterus
- **Most common cause of maternal death worldwide?** → Postpartum hemorrhage
- **Most common cause of postpartum hemorrhage?** → Uterine atony
- **Active management of third stage of labor includes?** → Oxytocin, controlled cord traction, uterine massage
- **Stages of labor?** → First (cervical dilatation), second (delivery of baby), third (delivery of placenta)
- **First stage of labor duration (primigravida)?** → 12–14 hours
- **Second stage of labor duration (primigravida)?** → <2 hours (without epidural)
- **Placenta previa definition?** → Placenta covering internal cervical os
- **Most common type of placenta previa?** → Partial
- **Abruptio placentae definition?** → Premature separation of normally implanted placenta
- **Couvelaire uterus seen in?** → Severe abruption with blood infiltration of myometrium
- **Most common cause of antepartum hemorrhage?** → Placenta previa
- **Most common cause of stillbirth in developing countries?** → Hypertensive disorders of pregnancy
- **Gestational hypertension definition?** → BP ≥140/90 after 20 weeks without proteinuria
- **Preeclampsia definition?** → Hypertension after 20 weeks + proteinuria
- **Eclampsia definition?** → Preeclampsia + seizures
- **Drug of choice to prevent eclampsia?** → Magnesium sulfate
- **Antidote for magnesium toxicity?** → Calcium gluconate
- **HELLP syndrome components?** → Hemolysis, Elevated Liver enzymes, Low Platelets
- **Shoulder dystocia most common cause?** → Fetal macrosomia
- **McRoberts maneuver used for?** → Relieving shoulder dystocia
- **Polyhydramnios definition?** → AFI >25 cm or deepest pocket >8 cm
- **Oligohydramnios definition?** → AFI <5 cm or deepest pocket <2 cm
- **Most common cause of polyhydramnios?** → Idiopathic
- **Most common cause of oligohydramnios?** → Fetal renal anomalies (bilateral renal agenesis)
- **Indication for anti-D prophylaxis?** → Rh-negative mother with Rh-positive baby or sensitizing event
- **Dose of anti-D at 28 weeks?** → 300 µg IM
- **Most common cause of ectopic pregnancy?** → Tubal damage from PID
- **Most common site of ectopic pregnancy?** → Ampulla of fallopian tube
- **Gold standard diagnosis of ectopic pregnancy?** → Laparoscopy
- **Medical management of ectopic pregnancy?** → Methotrexate
- **Hydatidiform mole type with highest malignant potential?** → Complete mole
- **Snowstorm appearance on ultrasound seen in?** → Molar pregnancy

- **Most common cause of recurrent miscarriage?** → Antiphospholipid antibody syndrome
- **Most common cause of maternal death in developed countries?** → Thromboembolism
- **Contraceptive contraindicated in breastfeeding <6 weeks postpartum?** → Combined oral contraceptives
- **Safest contraceptive in breastfeeding?** → Progestin–only pill or copper IUD

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Neurology – One-Liner Flashcards

- **Largest part of the brain?** → Cerebrum
- **Smallest part of the brain?** → Midbrain
- **Brain's balance center?** → Cerebellum
- **Relay station for sensory impulses?** → Thalamus
- **Center for autonomic control?** → Hypothalamus
- **Primary motor cortex location?** → Precentral gyrus (frontal lobe)
- **Primary sensory cortex location?** → Postcentral gyrus (parietal lobe)
- **Speech production area?** → Broca's area (frontal lobe)
- **Speech comprehension area?** → Wernicke's area (temporal lobe)
- **Most common site of cerebral aneurysm?** → Anterior communicating artery
- **Most common cause of subarachnoid hemorrhage?** → Ruptured berry aneurysm
- **Most common cause of intracerebral hemorrhage?** → Hypertension
- **Most common site of hypertensive hemorrhage?** → Basal ganglia
- **Most common site of brain metastasis?** → Cerebral hemispheres
- **Most common primary brain tumor in adults?** → Glioblastoma multiforme
- **Most common primary brain tumor in children?** → Medulloblastoma
- **Most common benign brain tumor in adults?** → Meningioma
- **Most common benign brain tumor in children?** → Pilocytic astrocytoma
- **Cranial nerve with longest intracranial course?** → Trochlear nerve (CN IV)
- **Cranial nerve with longest extracranial course?** → Vagus nerve (CN X)
- **Only cranial nerve to emerge dorsally?** → Trochlear nerve (CN IV)
- **Only cranial nerve that crosses before exiting brainstem?** → Trochlear nerve (CN IV)
- **Cranial nerve with sensory & motor functions for the face?** → Trigeminal nerve (CN V)
- **Cranial nerve carrying parasympathetic supply to most thoracic and abdominal organs?** → Vagus nerve (CN X)
- **Cranial nerve responsible for smell?** → Olfactory nerve (CN I)
- **Cranial nerve responsible for vision?** → Optic nerve (CN II)
- **Cranial nerve responsible for hearing and balance?** → Vestibulocochlear nerve (CN VIII)
- **Cranial nerve responsible for taste on anterior 2/3 of tongue?** → Facial nerve (CN VII)
- **Cranial nerve responsible for taste on posterior 1/3 of tongue?** → Glossopharyngeal nerve (CN IX)
- **Cranial nerve injured in Bell's palsy?** → Facial nerve (CN VII)
- **Most common cause of meningitis in neonates?** → Group B Streptococcus
- **Most common cause of meningitis in adults?** → Streptococcus pneumoniae
- **Most common cause of viral meningitis?** → Enteroviruses
- **Most common cause of encephalitis?** → Herpes simplex virus type 1
- **Most common cause of brain abscess?** → Streptococcus + anaerobes
- **Neurotransmitter decreased in Parkinson's disease?** → Dopamine
- **Neurotransmitter increased in Parkinson's disease?** → Acetylcholine
- **Neurotransmitter decreased in Alzheimer's disease?** → Acetylcholine
- **Neurotransmitter decreased in depression?** → Serotonin, norepinephrine, dopamine
- **Neurotransmitter increased in schizophrenia?** → Dopamine
- **Most common site of spinal cord injury?** → Cervical region (C5–C6)
- **Most common site of spinal cord tumors in adults?** → Extradural (metastatic)
- **Most common site of spinal cord tumors in children?** → Intramedullary (ependymoma, astrocytoma)
- **Nerve root for ankle jerk reflex?** → S1
- **Nerve root for knee jerk reflex?** → L4
- **Nerve root for biceps reflex?** → C5–C6
- **Nerve root for triceps reflex?** → C7–C8

- **Most common demyelinating disease?** → Multiple sclerosis
- **Most common cause of Guillain–Barré syndrome?** → Campylobacter jejuni infection
- **Most common hereditary ataxia?** → Friedreich's ataxia

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Microbiology – One-Liner Flashcards

- **Gram-positive cocci in clusters?** → Staphylococcus
- **Gram-positive cocci in chains?** → Streptococcus
- **Catalase-positive, coagulase-positive organism?** → Staphylococcus aureus
- **Catalase-positive, coagulase-negative organism?** → Staphylococcus epidermidis
- **Catalase-negative, α-hemolytic organism?** → Streptococcus pneumoniae
- **Catalase-negative, β-hemolytic organism?** → Streptococcus pyogenes
- **Optochin-sensitive organism?** → Streptococcus pneumoniae
- **Bacitracin-sensitive organism?** → Streptococcus pyogenes
- **Bacitracin-resistant β-hemolytic streptococcus?** → Streptococcus agalactiae
- **Novobiocin-sensitive organism?** → Staphylococcus epidermidis
- **Novobiocin-resistant organism?** → Staphylococcus saprophyticus
- **Spore-forming Gram-positive rods?** → Bacillus, Clostridium
- **Non-spore-forming Gram-positive rods?** → Listeria, Corynebacterium
- **Toxin of Corynebacterium diphtheriae?** → Inhibits EF-2 → stops protein synthesis
- **Listeria transmission?** → Unpasteurized dairy, cold cuts
- **Gram-negative diplococci causing meningitis?** → Neisseria meningitidis
- **Gram-negative diplococci causing urethritis?** → Neisseria gonorrhoeae
- **Oxidase-positive, lactose-fermenting Gram-negative rods?** → E. coli, Klebsiella
- **Lactose-fermenting organisms detected on?** → MacConkey agar (pink colonies)
- **Non-lactose fermenters?** → Salmonella, Shigella, Pseudomonas
- **Motile, H_2S-producing Gram-negative rods?** → Salmonella
- **Non-motile, no H_2S production?** → Shigella
- **Curved, oxidase-positive Gram-negative rod causing diarrhea?** → Vibrio cholerae
- **Bacterium causing rice-water stools?** → Vibrio cholerae
- **Triple sugar iron (TSI) agar use?** → Differentiate enteric bacteria by sugar fermentation & H_2S production
- **Bacterium causing pseudomembranous colitis?** → Clostridioides difficile
- **Bacterium causing gas gangrene?** → Clostridium perfringens
- **Bacterium causing tetanus?** → Clostridium tetani
- **Neurotoxin blocking acetylcholine release?** → Botulinum toxin
- **Bacterium causing whooping cough?** → Bordetella pertussis
- **Bacterium causing Legionnaires' disease?** → Legionella pneumophila
- **Bacterium requiring cysteine for growth?** → Francisella tularensis
- **Bacterium causing plague?** → Yersinia pestis
- **Bacterium causing typhoid fever?** → Salmonella typhi
- **Bacterium causing syphilis?** → Treponema pallidum
- **Bacterium causing Lyme disease?** → Borrelia burgdorferi
- **Bacterium causing leptospirosis?** → Leptospira interrogans
- **Most common cause of bacterial meningitis in neonates?** → Group B streptococcus
- **Most common cause of bacterial meningitis in children?** → Streptococcus pneumoniae
- **Most common cause of bacterial meningitis in adults?** → Streptococcus pneumoniae
- **Viral cause of aseptic meningitis?** → Enteroviruses
- **Most common cause of pneumonia overall?** → Streptococcus pneumoniae
- **Atypical pneumonia causes?** → Mycoplasma, Chlamydophila, Legionella
- **Acid-fast bacteria?** → Mycobacterium tuberculosis, Mycobacterium leprae
- **Lowenstein-Jensen medium used for?** → Mycobacterium tuberculosis
- **Ziehl-Neelsen stain used for?** → Acid-fast organisms
- **Mantoux test measures?** → Delayed-type hypersensitivity to TB antigens
- **BCG vaccine type?** → Live attenuated Mycobacterium bovis
- **Obligate intracellular bacteria?** → Chlamydia, Rickettsia

- **Bacterium without a cell wall?** → Mycoplasma pneumoniae

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Immunology – One-Liner Flashcards

- **Most abundant immunoglobulin in serum?** → IgG
- **Most abundant immunoglobulin in secretions?** → IgA
- **First antibody produced in primary immune response?** → IgM
- **First antibody produced in fetal life?** → IgM
- **Only antibody that crosses the placenta?** → IgG
- **Antibody present in breast milk?** → IgA
- **Most potent activator of complement?** → IgM
- **Immunoglobulin with highest avidity?** → IgM
- **Immunoglobulin with highest affinity?** → IgG
- **Main antibody in type I hypersensitivity?** → IgE
- **Antibody involved in helminthic infections?** → IgE
- **Antibody elevated in parasitic infections?** → IgE
- **Antibody in mucosal immunity?** → IgA
- **Antibody elevated in chronic infections?** → IgG
- **Most common cause of primary immunodeficiency?** → Selective IgA deficiency
- **Most common cause of secondary immunodeficiency?** → HIV/AIDS
- **Most common complement deficiency?** → C2 deficiency
- **Complement deficiency causing recurrent Neisseria infections?** → C5–C9 deficiency
- **Complement deficiency causing hereditary angioedema?** → C1 esterase inhibitor deficiency
- **Complement deficiency causing SLE-like illness?** → C1q, C2, C4 deficiency
- **Cytokine that causes fever?** → IL-1
- **Cytokine that stimulates T cells?** → IL-2
- **Cytokine that stimulates B cells?** → IL-4
- **Cytokine that stimulates IgE production?** → IL-4
- **Cytokine that stimulates IgA production?** → IL-5
- **Cytokine that activates macrophages?** → IFN-γ
- **Cytokine responsible for cachexia in chronic disease?** → TNF-α
- **Cytokine elevated in septic shock?** → TNF-α
- **Cytokine elevated in COVID-19 cytokine storm?** → IL-6
- **Hypersensitivity reaction mediated by IgE?** → Type I
- **Hypersensitivity reaction mediated by IgG/IgM against cell surfaces?** → Type II
- **Hypersensitivity reaction due to immune complex deposition?** → Type III
- **Hypersensitivity reaction mediated by T cells?** → Type IV
- **Example of type I hypersensitivity?** → Anaphylaxis
- **Example of type II hypersensitivity?** → Hemolytic anemia
- **Example of type III hypersensitivity?** → Serum sickness
- **Example of type IV hypersensitivity?** → Tuberculin skin test
- **MHC class I presents antigen to?** → CD8+ T cells
- **MHC class II presents antigen to?** → CD4+ T cells
- **MHC class I is found on?** → All nucleated cells
- **MHC class II is found on?** → Antigen-presenting cells
- **CD marker for helper T cells?** → CD4
- **CD marker for cytotoxic T cells?** → CD8
- **CD marker for all leukocytes?** → CD45
- **CD marker for B cells?** → CD19, CD20
- **CD marker for NK cells?** → CD16, CD56
- **Most important opsonin in immune system?** → C3b
- **Most important chemotactic factor for neutrophils?** → IL-8
- **Most important chemotactic factor for eosinophils?** → Eotaxin
- **Most important chemotactic factor for monocytes?** → MCP-1

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Hematology – One-Liner Flashcards

- **Most common cause of anemia worldwide?** → Iron deficiency anemia
- **Most common cause of microcytic anemia?** → Iron deficiency anemia
- **Most common cause of normocytic anemia worldwide?** → Anemia of chronic disease
- **Most common cause of macrocytic anemia worldwide?** → Vitamin B12 deficiency
- **Most common cause of megaloblastic anemia?** → Folate deficiency (worldwide), B12 in developed countries
- **Most common cause of anemia in pregnancy?** → Iron deficiency anemia
- **Most common cause of iron deficiency anemia in adult males?** → Chronic blood loss (GI)
- **Most common cause of iron deficiency anemia in females?** → Menstrual blood loss
- **Most common cause of iron deficiency anemia in elderly?** → GI malignancy
- **Most common cause of vitamin B12 deficiency worldwide?** → Pernicious anemia
- **Most common cause of folate deficiency worldwide?** → Dietary deficiency
- **Most common cause of aplastic anemia worldwide?** → Idiopathic
- **Most common cause of aplastic anemia in developing countries?** → Viral infections (hepatitis viruses)
- **Most common cause of pancytopenia worldwide?** → Aplastic anemia
- **Most common cause of pancytopenia in developing countries?** → Megaloblastic anemia
- **Most common cause of hereditary hemolytic anemia worldwide?** → Sickle cell anemia
- **Most common cause of hereditary hemolytic anemia in Caucasians?** → Hereditary spherocytosis
- **Most common enzyme deficiency causing hemolytic anemia?** → G6PD deficiency
- **Most common cause of secondary polycythemia?** → Chronic hypoxia
- **Most common cause of primary polycythemia?** → Polycythemia vera (JAK2 mutation)
- **Most common cause of leukocytosis worldwide?** → Infection
- **Most common cause of neutrophilia?** → Bacterial infection
- **Most common cause of lymphocytosis worldwide?** → Viral infections
- **Most common cause of eosinophilia worldwide?** → Parasitic infections
- **Most common cause of basophilia?** → Chronic myeloid leukemia (CML)
- **Most common leukemia in adults?** → Chronic lymphocytic leukemia (CLL)
- **Most common leukemia in children?** → Acute lymphoblastic leukemia (ALL)
- **Most common adult acute leukemia?** → Acute myeloid leukemia (AML)
- **Most common type of lymphoma worldwide?** → Non-Hodgkin lymphoma (NHL)
- **Most common type of Hodgkin lymphoma?** → Nodular sclerosis
- **Most common cause of death in Hodgkin lymphoma?** → Secondary malignancy
- **Most common cause of death in multiple myeloma?** → Infection
- **Most common bleeding disorder worldwide?** → Von Willebrand disease
- **Most common hereditary cause of bleeding disorder?** → Von Willebrand disease
- **Most common hereditary cause of hypercoagulability?** → Factor V Leiden mutation
- **Most common cause of acquired bleeding disorder?** → Vitamin K deficiency
- **Most common cause of thrombocytopenia worldwide?** → Immune thrombocytopenic purpura (ITP)
- **Most common cause of thrombocytopenia in hospitalized patients?** → Heparin-induced thrombocytopenia (HIT)
- **Most common cause of disseminated intravascular coagulation (DIC)?** → Sepsis
- **Most common cause of DIC in obstetrics?** → Abruptio placentae
- **Most common cause of death in sickle cell anemia?** → Infection (pneumococcus)
- **Most common cause of splenic infarction?** → Sickle cell anemia
- **Most common cause of autosplenectomy?** → Sickle cell anemia
- **Most common cause of painful crisis in sickle cell anemia?** → Vaso-occlusion
- **Most common cause of megaloblastic crisis in sickle cell anemia?** → Folate deficiency

- **Most common cause of hemarthrosis in adults?** → Hemophilia A
- **Most common cause of acquired platelet dysfunction?** → Aspirin use
- **Most common cause of secondary hemochromatosis?** → Multiple blood transfusions
- **Most common cause of primary hemochromatosis?** → HFE gene mutation
- **Most common cause of death in hemochromatosis?** → Hepatocellular carcinoma

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Gynaecology – One-Liner Flashcards

- **Normal length of menstrual cycle?** → 28 ± 7 days
- **Normal duration of menstruation?** → 2–7 days
- **Average blood loss during menstruation?** → 30–40 mL
- **Blood loss >80 mL per cycle is called?** → Menorrhagia
- **Absence of menstruation?** → Amenorrhea
- **Primary amenorrhea definition?** → No menarche by age 15 with normal secondary sexual characteristics
- **Most common cause of primary amenorrhea?** → Gonadal dysgenesis (Turner syndrome)
- **Secondary amenorrhea definition?** → Absence of menses for >3 months in a previously menstruating woman
- **Most common cause of secondary amenorrhea?** → Pregnancy
- **Most common cause of abnormal uterine bleeding in reproductive age?** → Dysfunctional uterine bleeding (anovulatory cycles)
- **Most common site of endometriosis?** → Ovary
- **Chocolate cyst is seen in?** → Ovarian endometriosis
- **Most common benign ovarian tumor?** → Dermoid cyst (mature cystic teratoma)
- **Most common malignant ovarian tumor?** → Serous cystadenocarcinoma
- **Marker for epithelial ovarian tumors?** → CA-125
- **Most common cause of infertility in women?** → Anovulation (PCOS)
- **Stein–Leventhal syndrome?** → Polycystic ovary syndrome (PCOS)
- **First-line drug for ovulation induction in PCOS?** → Clomiphene citrate
- **Risk factor for endometrial carcinoma?** → Unopposed estrogen
- **Most common type of endometrial carcinoma?** → Endometrioid adenocarcinoma
- **Most common site of fibroid (leiomyoma)?** → Intramural
- **Fibroid growth is stimulated by?** → Estrogen
- **Most common symptom of fibroid?** → Menorrhagia
- **Fibroids regress after?** → Menopause
- **Painless vaginal bleeding in postmenopausal woman suggests?** → Endometrial carcinoma
- **Most common site of cervical cancer?** → Transformation zone
- **Most common type of cervical cancer?** → Squamous cell carcinoma
- **Most important risk factor for cervical cancer?** → HPV infection (types 16, 18)
- **Best screening test for cervical cancer?** → Pap smear
- **Definitive diagnosis of cervical cancer by?** → Colposcopic biopsy
- **Most common cause of pelvic inflammatory disease (PID)?** → Chlamydia trachomatis
- **Complication of PID?** → Infertility
- **Most common cause of tubo-ovarian abscess?** → PID
- **Most common cause of postmenopausal bleeding?** → Atrophic endometritis/vaginitis
- **First-line imaging for gynecological masses?** → Transvaginal ultrasound
- **Krukenberg tumor?** → Metastatic signet ring cell carcinoma to ovary (from stomach)
- **Most common gynecological malignancy in developed countries?** → Endometrial carcinoma
- **Most common gynecological malignancy in developing countries?** → Cervical carcinoma
- **Hormone secreted by granulosa cell tumors?** → Estrogen
- **Hormone secreted by Sertoli–Leydig cell tumors?** → Androgens
- **Meigs' syndrome triad?** → Ovarian fibroma, ascites, pleural effusion
- **Most common vaginal tumor in children?** → Sarcoma botryoides
- **Primary dysmenorrhea cause?** → Excess prostaglandins
- **Best treatment for primary dysmenorrhea?** → NSAIDs
- **Postcoital bleeding suggests?** → Cervical cancer
- **Most common cause of secondary dysmenorrhea?** → Endometriosis
- **Most common site of genital tuberculosis?** → Fallopian tubes

- **Investigation of choice for genital TB?** → Endometrial biopsy in premenstrual phase
- **Most common cause of genital prolapse?** → Childbirth trauma
- **Most common site of Bartholin cyst?** → Posterior part of labia majora

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Surgery – One-Liner Flashcards

- **Most common cause of post-op fever within 24 hrs?** → Atelectasis
- **Most common cause of post-op fever after 72 hrs?** → Surgical site infection
- **Most common organism in surgical wound infection?** → Staphylococcus aureus
- **Clean wound infection rate?** → <2%
- **Golden period for wound closure?** → Within 6 hours
- **Most common cause of cellulitis?** → Streptococcus pyogenes
- **Gas gangrene organism?** → Clostridium perfringens
- **Tetanus caused by?** → Clostridium tetani
- **Tetanus toxin acts by?** → Blocking release of inhibitory neurotransmitters (GABA, glycine)
- **Most common site of peripheral artery aneurysm?** → Popliteal artery
- **Most common site of aortic aneurysm?** → Infrarenal abdominal aorta
- **Most common cause of upper GI bleed?** → Peptic ulcer disease
- **Most common cause of lower GI bleed in adults?** → Diverticulosis
- **Most common cause of massive lower GI bleed in children?** → Meckel's diverticulum
- **Most common site of volvulus in adults?** → Sigmoid colon
- **Most common site of volvulus in children?** → Midgut
- **Most common cause of small bowel obstruction in adults?** → Adhesions
- **Most common cause of small bowel obstruction in children?** → Hernias
- **Most common type of hernia overall?** → Indirect inguinal hernia
- **Most common type of hernia in females?** → Femoral hernia
- **Richter's hernia definition?** → Herniation of part of bowel wall
- **Littre's hernia definition?** → Hernia containing Meckel's diverticulum
- **Maydl's hernia definition?** → Hernia with two bowel loops and strangulation in abdomen ("W" type)
- **Sliding hernia definition?** → Hernia sac formed partly by wall of a viscus
- **Most common thyroid malignancy?** → Papillary carcinoma
- **Most common cause of solitary thyroid nodule?** → Benign colloid nodule
- **Most common cause of hyperthyroidism worldwide?** → Graves' disease
- **Best test for thyroid function?** → TSH level
- **Most common salivary gland tumor?** → Pleomorphic adenoma
- **Most common malignant salivary gland tumor?** → Mucoepidermoid carcinoma
- **Most common site of basal cell carcinoma?** → Face (sun-exposed areas)
- **Most common skin cancer overall?** → Basal cell carcinoma
- **Most common skin cancer metastasizing early?** → Malignant melanoma
- **ABCDE of melanoma?** → Asymmetry, Border irregularity, Color variation, Diameter >6 mm, Evolving
- **Marjolin ulcer?** → SCC arising in chronic ulcer or scar
- **Most common cause of acute pancreatitis?** → Gallstones
- **Most common cause of chronic pancreatitis in adults?** → Alcohol
- **Most common cause of splenectomy in adults?** → Trauma
- **Overwhelming post-splenectomy infection organism?** → Streptococcus pneumoniae
- **Glasgow coma scale – minimum & maximum?** → 3 (min), 15 (max)
- **Cushing's triad in head injury?** → Hypertension, bradycardia, irregular respiration
- **Most common intracranial tumor in adults?** → Metastases
- **Most common primary brain tumor in adults?** → Meningioma
- **Most common primary brain tumor in children?** → Medulloblastoma
- **Most common cause of acute limb ischemia?** → Embolism from heart
- **Six Ps of acute limb ischemia?** → Pain, Pallor, Pulselessness, Paresthesia, Paralysis, Poikilothermia

- **Most common cause of post-op hypokalemia?** → GI losses from NG suction
- **Most common cause of post-op urinary retention?** → Anesthesia + analgesia effect
- **Most common cause of delayed wound healing?** → Infection
- **Most common nutritional deficiency affecting wound healing?** → Vitamin C deficiency

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General Medicine – One-Liner Flashcards

- **Most common cause of iron deficiency anemia worldwide?** → Chronic blood loss
- **Most common cause of microcytic hypochromic anemia?** → Iron deficiency anemia
- **Most common cause of megaloblastic anemia worldwide?** → Folate deficiency
- **Most common cause of vitamin B12 deficiency?** → Pernicious anemia
- **Most common cause of normocytic normochromic anemia?** → Anemia of chronic disease
- **Sickle cell anemia mutation?** → β-globin gene, glutamic acid → valine
- **Howell–Jolly bodies indicate?** → Asplenia or hyposplenia
- **Most common cause of upper GI bleed?** → Peptic ulcer disease
- **Most common cause of lower GI bleed in elderly?** → Diverticulosis
- **Most common cause of acute pancreatitis?** → Gallstones
- **Most common cause of chronic pancreatitis in adults?** → Alcohol
- **Most common cause of liver cirrhosis worldwide?** → Viral hepatitis (HBV, HCV)
- **Most common cause of cirrhosis in developed countries?** → Alcohol
- **Most common primary liver cancer?** → Hepatocellular carcinoma
- **Most common cause of hepatocellular carcinoma worldwide?** → Chronic HBV infection
- **Most common cause of jaundice in children?** → Viral hepatitis A
- **Most common cause of community-acquired pneumonia in adults?** → Streptococcus pneumoniae
- **Most common cause of atypical pneumonia?** → Mycoplasma pneumoniae
- **Most common cause of hospital-acquired pneumonia?** → Pseudomonas aeruginosa
- **Most common cause of lung abscess?** → Aspiration pneumonia
- **Most common site of bronchogenic carcinoma metastasis?** → Adrenal glands
- **Most common lung cancer in non-smokers?** → Adenocarcinoma
- **Most common lung cancer in smokers?** → Squamous cell carcinoma
- **Most common cause of massive hemoptysis?** → Bronchiectasis
- **Most common cause of COPD exacerbation?** → Viral or bacterial infection
- **Most common cause of secondary hypertension?** → Renal artery stenosis
- **Most common cause of secondary hypertension in young females?** → Fibromuscular dysplasia
- **Most common cause of mitral stenosis?** → Rheumatic fever
- **Most common cause of mitral regurgitation in developed countries?** → Mitral valve prolapse
- **Most common cause of aortic stenosis in elderly?** → Calcific degeneration
- **Most common cause of aortic regurgitation in developed countries?** → Aortic root dilation
- **Most common cause of infective endocarditis overall?** → Staphylococcus aureus
- **Most common cause of infective endocarditis on abnormal valves?** → Viridans group streptococci
- **Most common cause of culture-negative endocarditis?** → Coxiella burnetii
- **Most common cause of myocarditis worldwide?** → Viral infection (Coxsackie B)
- **Most common cause of pericarditis worldwide?** → Viral
- **Most common cause of constrictive pericarditis in developing countries?** → Tuberculosis
- **Most common cause of stroke worldwide?** → Ischemic stroke
- **Most common cause of subarachnoid hemorrhage?** → Ruptured berry aneurysm
- **Most common cause of bacterial meningitis in adults?** → Streptococcus pneumoniae
- **Most common cause of bacterial meningitis in young adults?** → Neisseria meningitidis
- **Most common cause of seizure in elderly?** → Stroke
- **Most common cause of dementia in elderly?** → Alzheimer's disease
- **Most common cause of dementia under 60 years?** → Frontotemporal dementia
- **Most common cause of reversible dementia?** → Hypothyroidism
- **Most common cause of chronic kidney disease worldwide?** → Diabetes mellitus
- **Most common cause of nephrotic syndrome in adults?** → Membranous nephropathy
- **Most common cause of nephrotic syndrome in children?** → Minimal change disease

- **Most common cause of acute kidney injury in hospitalized patients?** → Acute tubular necrosis
- **Most common cause of death in chronic kidney disease?** → Cardiovascular disease

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Gastroenterology – One-Liner Flashcards

- **Most common cause of upper GI bleed worldwide?** → Peptic ulcer disease
- **Most common cause of lower GI bleed worldwide?** → Hemorrhoids
- **Most common cause of massive lower GI bleed in elderly?** → Diverticulosis
- **Most common cause of chronic gastritis worldwide?** → Helicobacter pylori
- **Most common cause of chronic gastritis in developed countries?** → Autoimmune gastritis
- **Most common site of peptic ulcer?** → First part of duodenum
- **Most common cause of duodenal ulcer?** → H. pylori infection
- **Most common cause of gastric ulcer?** → H. pylori infection
- **Most common complication of peptic ulcer disease?** → Hemorrhage
- **Most common cause of gastric outlet obstruction?** → Peptic ulcer disease
- **Most common cause of acute gastroenteritis worldwide?** → Rotavirus (children)
- **Most common cause of bacterial gastroenteritis worldwide?** → E. coli
- **Most common cause of food poisoning worldwide?** → Staphylococcus aureus
- **Most common cause of traveler's diarrhea?** → Enterotoxigenic E. coli (ETEC)
- **Most common cause of acute pancreatitis worldwide?** → Gallstones
- **Most common cause of acute pancreatitis in developed countries?** → Alcohol
- **Most common cause of chronic pancreatitis worldwide?** → Alcohol
- **Most common cause of chronic pancreatitis in children?** → Cystic fibrosis
- **Most common cause of painless jaundice?** → Carcinoma head of pancreas
- **Most common cause of hepatomegaly worldwide?** → Hepatitis
- **Most common cause of hepatomegaly in developed countries?** → Fatty liver disease
- **Most common cause of liver cirrhosis worldwide?** → Hepatitis B
- **Most common cause of liver cirrhosis in developed countries?** → Alcohol
- **Most common cause of portal hypertension worldwide?** → Cirrhosis
- **Most common cause of variceal bleeding?** → Esophageal varices from portal hypertension
- **Most common cause of ascites worldwide?** → Cirrhosis
- **Most common cause of splenomegaly in portal hypertension?** → Congestive splenomegaly
- **Most common cause of hepatic encephalopathy?** → Cirrhosis with precipitating factor
- **Most common cause of hepatocellular carcinoma worldwide?** → Hepatitis B
- **Most common cause of hepatocellular carcinoma in developed countries?** → Hepatitis C
- **Most common benign liver tumor?** → Hemangioma
- **Most common cause of acute viral hepatitis worldwide?** → Hepatitis A
- **Most common cause of chronic hepatitis worldwide?** → Hepatitis B
- **Most common cause of chronic hepatitis in developed countries?** → Hepatitis C
- **Most common cause of fulminant hepatitis?** → Hepatitis B + D coinfection
- **Most common cause of cholangitis?** → Choledocholithiasis
- **Most common organism in cholangitis?** → E. coli
- **Most common cause of cholecystitis?** → Cystic duct obstruction by gallstone
- **Most common organism in cholecystitis?** → E. coli
- **Most common cause of porcelain gallbladder?** → Chronic cholecystitis
- **Most common cause of gallstone pancreatitis?** → CBD stone
- **Most common cause of acute mesenteric ischemia?** → Embolism from heart (AFib)
- **Most common cause of chronic mesenteric ischemia?** → Atherosclerosis
- **Most common cause of ischemic colitis?** → Atherosclerosis of IMA
- **Most common cause of rectal cancer?** → Adenocarcinoma
- **Most common site of colorectal cancer?** → Rectosigmoid region
- **Most common type of polyp in colon?** → Hyperplastic polyp
- **Most common malignant polyp in colon?** → Adenomatous polyp
- **Most common cause of intussusception in children?** → Hypertrophied Peyer's patches
- **Most common cause of intussusception in adults?** → Tumor

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Forensic Medicine – One-Liner Flashcards

- **First permanent tooth to erupt?** → First molar (6 years)
- **First deciduous tooth to erupt?** → Lower central incisor (6–8 months)
- **Eruption formula for primary dentition?** → 6 + 4 rule (age in months – 6 = number of teeth)
- **Most reliable method of age estimation in children?** → Dental eruption
- **Most reliable method of age estimation in adults?** → Gustafson's method (teeth)
- **Pugilistic attitude in burns caused by?** → Heat-induced muscle contraction
- **Postmortem lividity appears in?** → 30 min – 2 hours after death
- **Postmortem rigidity (rigor mortis) starts in?** → 1–2 hours after death
- **Rigor mortis starts first in?** → Small muscles of face, jaw, eyelids
- **Rigor mortis lasts for?** → 24–48 hours
- **Postmortem cooling is called?** → Algor mortis
- **Tache noire seen in?** → Drying of sclera after death
- **Marbling in decomposition appears in?** → 36–48 hours
- **First organ to decompose?** → Larynx and trachea in air
- **Cadaveric spasm?** → Instantaneous rigidity at death in violent deaths
- **McEwan sign?** → Air under skull bones in decomposition
- **Most common firearm injury in suicide?** → Contact shot to head or chest
- **Tattooing in firearm injury caused by?** → Unburnt powder grains
- **Blackening in firearm injury due to?** → Soot deposition
- **Choking in firearm injury due to?** → Wads blocking barrel
- **Wadding mark seen in?** → Close-range shotgun injuries
- **Shored exit wound caused by?** → Skin supported by firm surface at exit point
- **Hesitation cuts suggest?** → Suicidal attempt
- **Defense wounds seen in?** → Homicidal assault
- **Contusion color changes?** → Red → Blue → Green → Yellow
- **Most common site of fracture in throttling?** → Hyoid bone
- **Hanging ligature mark shape?** → Oblique, above thyroid cartilage, non-continuous
- **Strangulation ligature mark shape?** → Horizontal, continuous, below thyroid cartilage
- **Smell of bitter almonds in poisoning?** → Cyanide
- **Garlic odor in poisoning?** → Arsenic, organophosphates
- **Fruity odor in poisoning?** → Alcohol, diabetic ketoacidosis
- **Cherry-red postmortem lividity?** → Carbon monoxide poisoning
- **Dark brown postmortem lividity?** → Nitrate/nitrite poisoning (methemoglobinemia)
- **Mee's lines on nails?** → Arsenic poisoning
- **Burton's line on gums?** → Lead poisoning
- **Milk-like white postmortem gastric contents?** → Phosphorus poisoning
- **Lathyrism caused by?** → BOAA toxin in Lathyrus sativus
- **Most common suicidal poison in adults in Pakistan?** → Organophosphates
- **Most common homicidal poison in Pakistan?** → Cyanide
- **Most common accidental poison in children?** → Kerosene oil
- **Antidote for organophosphate poisoning?** → Atropine + pralidoxime
- **Antidote for cyanide poisoning?** → Amyl nitrite, sodium nitrite, sodium thiosulfate
- **Antidote for arsenic poisoning?** → Dimercaprol
- **Antidote for lead poisoning?** → EDTA, dimercaprol
- **Legal definition of rape?** → Non-consensual sexual intercourse
- **Minimum age for valid marriage in Pakistan?** → 18 years for males, 16 years for females (varies by region)
- **Time limit for medicolegal examination in sexual assault?** → As soon as possible (within 72 hours ideal)
- **Preservation of viscera in suspected poisoning?** → Saturated salt solution or rectified spirit

- **Commonest cause of death in burns?** → Septicemia
- **Best method for identification of unknown dead body?** → DNA profiling

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ENT – One-Liner Flashcards

- **Most common cause of acute otitis media in children?** → Streptococcus pneumoniae
- **Most common cause of chronic suppurative otitis media?** → Pseudomonas aeruginosa
- **Most common type of chronic suppurative otitis media?** → Tubotympanic (safe type)
- **Most dangerous type of chronic suppurative otitis media?** → Atticoantral (unsafe type)
- **Complication of unsafe CSOM?** → Cholesteatoma
- **Most common cause of sensorineural hearing loss in adults?** → Presbycusis
- **Most common cause of conductive hearing loss in adults?** → Otosclerosis
- **Most common cause of congenital sensorineural hearing loss?** → Genetic disorders
- **Most common cause of acquired sensorineural hearing loss in children?** → Meningitis
- **Tuning fork frequency used for Rinne and Weber test?** → 512 Hz
- **Rinne test positive means?** → Air conduction > bone conduction (normal or SNHL)
- **Rinne test negative means?** → Bone conduction > air conduction (CHL)
- **Most common cause of vertigo?** → Benign paroxysmal positional vertigo (BPPV)
- **Most common cause of BPPV?** → Otolith displacement
- **Epley maneuver is used for?** → Treating BPPV
- **Most common cause of acute sinusitis?** → Viral infection
- **Most common bacterial cause of acute sinusitis?** → Streptococcus pneumoniae
- **Most commonly infected sinus in adults?** → Maxillary sinus
- **Most commonly infected sinus in children?** → Ethmoid sinus
- **Most common site of epistaxis in children?** → Little's area (Kiesselbach's plexus)
- **Most common cause of epistaxis in adults?** → Trauma or hypertension
- **Most common cause of recurrent epistaxis in children?** → Digital trauma (nose picking)
- **Most common cause of stridor in children?** → Laryngomalacia
- **Most common cause of acute stridor?** → Croup
- **Most common cause of chronic stridor?** → Laryngeal stenosis
- **Steeple sign on X-ray neck?** → Croup
- **Thumb sign on X-ray neck?** → Epiglottitis
- **Most common cause of epiglottitis in children?** → Haemophilus influenzae type b (Hib)
- **Most common cause of hoarseness?** → Acute laryngitis
- **Most common benign tumor of larynx in children?** → Juvenile papilloma (HPV 6, 11)
- **Most common malignant tumor of larynx?** → Squamous cell carcinoma
- **Most common site of laryngeal cancer?** → Glottis
- **Most common cause of tracheostomy in children?** → Subglottic stenosis
- **Most common cause of Ludwig's angina?** → Dental infection
- **Most common deep neck space infection?** → Peritonsillar abscess
- **Hot potato voice is seen in?** → Peritonsillar abscess
- **Most common cause of tonsillitis?** → Group A beta-hemolytic Streptococcus
- **Most common complication of tonsillitis?** → Peritonsillar abscess
- **Indication for tonsillectomy?** → Recurrent tonsillitis (≥7/year, ≥5/year for 2 years, ≥3/year for 3 years)
- **Most common cause of neck mass in children?** → Reactive lymphadenopathy
- **Most common congenital midline neck swelling?** → Thyroglossal duct cyst
- **Most common congenital lateral neck swelling?** → Branchial cleft cyst
- **Most common cause of unilateral vocal cord paralysis?** → Surgical injury (thyroid surgery)
- **Most common nerve injured in thyroidectomy?** → External branch of superior laryngeal nerve
- **Nerve supplying cricothyroid muscle?** → External branch of superior laryngeal nerve
- **Nerve supplying all other intrinsic muscles of larynx?** → Recurrent laryngeal nerve
- **Most common site of nasal polyp in adults?** → Middle meatus
- **Most common cause of nasal polyp in children?** → Cystic fibrosis
- **Most common malignant tumor of nasal cavity?** → Squamous cell carcinoma

- **Most common benign tumor of nasal cavity?** → Inverted papilloma

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Endocrinology – One-Liner Flashcards

- **Most common cause of hyperthyroidism worldwide?** → Graves' disease
- **Most common cause of hyperthyroidism in elderly?** → Toxic multinodular goiter
- **Most common cause of hypothyroidism worldwide?** → Iodine deficiency
- **Most common cause of hypothyroidism in developed countries?** → Hashimoto thyroiditis
- **Most common cause of goiter worldwide?** → Iodine deficiency
- **Most common cause of goiter in developed countries?** → Hashimoto thyroiditis
- **Most common cause of painless thyroiditis?** → Autoimmune (Hashimoto)
- **Most common cause of painful thyroiditis?** → Subacute granulomatous (de Quervain's) thyroiditis
- **Most common cause of congenital hypothyroidism worldwide?** → Iodine deficiency
- **Most common cause of congenital hypothyroidism in developed countries?** → Thyroid dysgenesis
- **Most common cause of thyroid cancer?** → Papillary carcinoma
- **Most common cause of death in thyroid cancer?** → Anaplastic carcinoma
- **Most common cause of Cushing's syndrome?** → Exogenous corticosteroids
- **Most common endogenous cause of Cushing's syndrome?** → Pituitary adenoma (Cushing's disease)
- **Most common cause of Addison's disease worldwide?** → Tuberculosis
- **Most common cause of Addison's disease in developed countries?** → Autoimmune adrenalitis
- **Most common cause of secondary adrenal insufficiency?** → Pituitary disease
- **Most common cause of adrenal crisis?** → Sudden withdrawal of corticosteroids
- **Most common cause of Conn's syndrome (primary hyperaldosteronism)?** → Adrenal adenoma
- **Most common cause of secondary hyperaldosteronism?** → Renal artery stenosis
- **Most common cause of pheochromocytoma?** → Adrenal medulla tumor
- **Most common cause of death in pheochromocytoma?** → Hypertensive crisis
- **Most common cause of acromegaly?** → Pituitary adenoma (GH-secreting)
- **Most common cause of gigantism?** → Pituitary adenoma (GH-secreting)
- **Most common cause of hypopituitarism in adults?** → Pituitary adenoma
- **Most common cause of hypopituitarism in children?** → Craniopharyngioma
- **Most common cause of hyperprolactinemia?** → Pituitary adenoma (prolactinoma)
- **Most common cause of hypoglycemia in adults?** → Drugs (insulin, sulfonylureas)
- **Most common cause of hypoglycemia in children?** → Ketotic hypoglycemia
- **Most common cause of hypercalcemia in outpatients?** → Primary hyperparathyroidism
- **Most common cause of hypercalcemia in hospitalized patients?** → Malignancy
- **Most common cause of hypocalcemia?** → Hypoparathyroidism (post-surgical)
- **Most common cause of secondary hyperparathyroidism?** → Chronic kidney disease
- **Most common cause of tertiary hyperparathyroidism?** → Prolonged secondary hyperparathyroidism (CKD)
- **Most common cause of diabetes insipidus?** → Central DI (idiopathic)
- **Most common cause of nephrogenic diabetes insipidus?** → Lithium use
- **Most common cause of SIADH?** → Small cell lung carcinoma
- **Most common cause of gynecomastia in elderly men?** → Increased aromatase activity
- **Most common cause of delayed puberty in boys?** → Constitutional growth delay
- **Most common cause of precocious puberty in boys?** → Central (idiopathic)
- **Most common cause of precocious puberty in girls?** → Central (idiopathic)
- **Most common cause of hirsutism in women?** → Polycystic ovary syndrome (PCOS)
- **Most common cause of infertility in women?** → Anovulation (often due to PCOS)
- **Most common cause of secondary amenorrhea?** → Pregnancy
- **Most common cause of amenorrhea after pregnancy?** → Sheehan's syndrome

- **Most common cause of primary amenorrhea?** → Turner syndrome
- **Most common cause of pituitary apoplexy?** → Pituitary adenoma hemorrhage
- **Most common cause of diabetic ketoacidosis?** → Type 1 diabetes mellitus
- **Most common cause of hyperosmolar hyperglycemic state?** → Type 2 diabetes mellitus
- **Most common cause of death in diabetes mellitus?** → Cardiovascular disease

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Electrolytes – One-Liner Flashcards

- **Normal serum sodium level?** → 135–145 mEq/L
- **Most common cause of hyponatremia?** → SIADH
- **Most common cause of hypernatremia?** → Water loss (dehydration)
- **Most common cause of euvolemic hyponatremia?** → SIADH
- **Most common cause of hypervolemic hyponatremia?** → Heart failure
- **Most common cause of hypovolemic hyponatremia?** → GI losses (vomiting, diarrhea)
- **Dangerous complication of rapid correction of hyponatremia?** → Central pontine myelinolysis
- **Dangerous complication of rapid correction of hypernatremia?** → Cerebral edema
- **Best treatment for symptomatic severe hyponatremia?** → Hypertonic saline (3%)
- **Best treatment for hypernatremia?** → Slow correction with hypotonic fluids
- **Normal serum potassium level?** → 3.5–5.0 mEq/L
- **Most common cause of hypokalemia?** → Diuretic use
- **Most common cause of hyperkalemia?** → Renal failure
- **ECG change in hypokalemia?** → U waves
- **ECG change in hyperkalemia?** → Tall peaked T waves
- **Dangerous complication of hyperkalemia?** → Cardiac arrest
- **Fastest treatment for hyperkalemia with ECG changes?** → IV calcium gluconate
- **Definitive treatment for hyperkalemia in renal failure?** → Hemodialysis
- **Most common cause of pseudohyperkalemia?** → Hemolysis during blood draw
- **Hormone promoting potassium uptake into cells?** → Insulin
- **Normal serum calcium level?** → 8.5–10.5 mg/dL
- **Most common cause of hypercalcemia overall?** → Primary hyperparathyroidism
- **Most common cause of hypercalcemia in malignancy?** → PTHrP-secreting tumors
- **Most common cause of hypocalcemia?** → Hypoparathyroidism
- **Most common cause of acute hypocalcemia?** → Post-thyroidectomy (parathyroid removal)
- **ECG change in hypercalcemia?** → Short QT interval
- **ECG change in hypocalcemia?** → Prolonged QT interval
- **Classic sign of hypocalcemia on BP cuff inflation?** → Trousseau's sign
- **Classic sign of hypocalcemia on facial nerve tapping?** → Chvostek's sign
- **Best acute treatment for severe hypercalcemia?** → IV fluids + bisphosphonates
- **Normal serum magnesium level?** → 1.7–2.4 mg/dL
- **Most common cause of hypomagnesemia?** → Chronic alcoholism
- **Most common cause of hypermagnesemia?** → Renal failure
- **Dangerous complication of severe hypermagnesemia?** → Respiratory paralysis
- **Treatment for severe hypomagnesemia?** → IV magnesium sulfate
- **Treatment for severe hypermagnesemia?** → IV calcium gluconate
- **Normal serum phosphate level?** → 2.5–4.5 mg/dL
- **Most common cause of hyperphosphatemia?** → Chronic kidney disease
- **Most common cause of hypophosphatemia?** → Refeeding syndrome
- **Dangerous complication of hypophosphatemia?** → Respiratory muscle weakness
- **Dangerous complication of hyperphosphatemia?** → Soft tissue calcification
- **Treatment for hyperphosphatemia in CKD?** → Phosphate binders
- **Normal serum chloride level?** → 98–106 mEq/L
- **Hypochloremia with metabolic alkalosis cause?** → Vomiting
- **Hyperchloremic metabolic acidosis cause?** → Diarrhea or RTA
- **Most common cause of low urine chloride in metabolic alkalosis?** → Vomiting
- **Most common cause of high urine chloride in metabolic alkalosis?** → Diuretic use
- **Electrolyte abnormality in adrenal insufficiency?** → Hyponatremia + hyperkalemia
- **Electrolyte abnormality in Conn's syndrome?** → Hypernatremia + hypokalemia
- **Electrolyte abnormality in tumor lysis syndrome?** → Hyperkalemia + hyperphosphatemia +

hypocalcemia

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Dermatology – One-Liner Flashcards

- **Most common skin disease worldwide?** → Acne vulgaris
- **Most common benign skin tumor?** → Seborrheic keratosis
- **Most common malignant skin cancer?** → Basal cell carcinoma
- **Most common skin cancer causing death?** → Malignant melanoma
- **Most common skin cancer in fair-skinned people?** → Basal cell carcinoma
- **Most common skin cancer in dark-skinned people?** → Squamous cell carcinoma
- **Most common cause of contact dermatitis?** → Nickel
- **Most common cause of allergic contact dermatitis in Pakistan?** → Hair dye (paraphenylenediamine)
- **Most common cause of occupational dermatitis?** → Cement (chromium)
- **Most common cause of photosensitive dermatitis?** → Drugs (tetracyclines, sulfonamides, thiazides)
- **Most common vesiculobullous disease?** → Pemphigus vulgaris
- **Most common cause of erythema multiforme?** → Herpes simplex virus
- **Most common cause of Stevens–Johnson syndrome?** → Drugs (sulfa, antiepileptics, allopurinol)
- **Most common drug causing toxic epidermal necrolysis?** → Sulfa drugs
- **Most common cause of cellulitis?** → Streptococcus pyogenes
- **Most common cause of erysipelas?** → Streptococcus pyogenes
- **Most common cause of impetigo?** → Staphylococcus aureus
- **Most common cause of folliculitis?** → Staphylococcus aureus
- **Most common cause of furuncle/carbuncle?** → Staphylococcus aureus
- **Most common cause of tinea corporis worldwide?** → Trichophyton rubrum
- **Most common cause of tinea capitis worldwide?** → Trichophyton tonsurans
- **Most common cause of tinea capitis in Pakistan?** → Microsporum canis
- **Most common cause of onychomycosis?** → Trichophyton rubrum
- **Most common cause of pityriasis versicolor?** → Malassezia furfur
- **Most common cause of candidiasis?** → Candida albicans
- **Most common cause of scabies?** → Sarcoptes scabiei
- **Most common cause of pediculosis capitis?** → Pediculus humanus capitis
- **Most common cause of urticaria?** → Idiopathic (in majority)
- **Most common physical urticaria?** → Dermographism
- **Most common cause of angioedema worldwide?** → Drugs (ACE inhibitors)
- **Most common cause of drug-induced photosensitivity?** → Tetracyclines
- **Most common cause of hyperpigmentation?** → Addison's disease
- **Most common cause of hypopigmentation worldwide?** → Vitiligo
- **Most common cause of albinism?** → Tyrosinase deficiency
- **Most common cause of hair loss in men?** → Androgenetic alopecia
- **Most common cause of hair loss in women?** → Androgenetic alopecia
- **Most common cause of cicatricial alopecia?** → Discoid lupus erythematosus
- **Most common cause of koilonychia?** → Iron deficiency anemia
- **Most common nail change in psoriasis?** → Pitting
- **Most common cause of clubbing?** → Lung cancer
- **Most common cause of spoon nails?** → Iron deficiency anemia
- **Most common premalignant skin lesion?** → Actinic keratosis
- **Most common cause of erythema nodosum?** → Streptococcal infection
- **Most common cause of leukocytoclastic vasculitis?** → Drugs and infections
- **Most common cause of erythema chronicum migrans?** → Lyme disease
- **Most common cause of livedo reticularis?** → Vasculitis, antiphospholipid syndrome
- **Most common cause of necrobiosis lipoidica?** → Diabetes mellitus
- **Most common cause of acanthosis nigricans?** → Insulin resistance

- **Most common cause of xanthelasma?** → Hyperlipidemia
- **Most common cutaneous manifestation of internal malignancy?** → Acanthosis nigricans

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Cardiovascular System – One-Liner Flashcards

- **Most common cause of heart failure worldwide?** → Ischemic heart disease
- **Most common cause of heart failure in developing countries?** → Rheumatic heart disease
- **Most common cause of left-sided heart failure?** → Ischemic heart disease & hypertension
- **Most common cause of right-sided heart failure?** → Left-sided heart failure
- **Most common cause of isolated right heart failure?** → Cor pulmonale
- **Most common congenital heart disease?** → Ventricular septal defect (VSD)
- **Most common congenital cyanotic heart disease in children?** → Tetralogy of Fallot
- **Most common congenital cyanotic heart disease in adults?** → Tetralogy of Fallot
- **Most common cause of infective endocarditis overall?** → Staphylococcus aureus
- **Most common cause of subacute infective endocarditis?** → Viridans streptococci
- **Most common valve involved in infective endocarditis overall?** → Mitral valve
- **Most common valve involved in infective endocarditis in IV drug users?** → Tricuspid valve
- **Most common cause of myocarditis?** → Viral (Coxsackie B)
- **Most common cause of pericarditis?** → Viral
- **Most common cause of acute pericarditis post-MI?** → Dressler's syndrome
- **Most common cause of constrictive pericarditis worldwide?** → Tuberculosis
- **Most common cause of constrictive pericarditis in developed countries?** → Idiopathic or post-viral
- **Most common site of atherosclerosis?** → Abdominal aorta
- **Most common artery involved in MI?** → Left anterior descending artery (LAD)
- **Most common cause of sudden cardiac death in adults?** → Coronary artery disease
- **Most common cause of sudden cardiac death in young athletes?** → Hypertrophic cardiomyopathy
- **Earliest ECG change in MI?** → Peaked T waves
- **Most sensitive cardiac marker for MI?** → Troponin I
- **Earliest cardiac marker to rise in MI?** → Myoglobin
- **Cardiac marker returning to normal fastest?** → Myoglobin
- **Most specific cardiac marker for MI?** → Troponin I/T
- **Most common cause of systemic hypertension?** → Essential hypertension
- **Most common cause of secondary hypertension?** → Renal disease
- **Most common cause of hypertensive emergency?** → Non-compliance with antihypertensive therapy
- **Most common cause of cardiomyopathy worldwide?** → Dilated cardiomyopathy
- **Most common cause of dilated cardiomyopathy?** → Idiopathic (often post-viral)
- **Most common cause of hypertrophic cardiomyopathy?** → Genetic (autosomal dominant)
- **Most common cause of restrictive cardiomyopathy worldwide?** → Amyloidosis
- **Most common cause of mitral stenosis?** → Rheumatic heart disease
- **Most common cause of aortic stenosis in elderly?** → Calcific degeneration
- **Most common cause of aortic regurgitation in developing countries?** → Rheumatic heart disease
- **Most common cause of aortic regurgitation in developed countries?** → Aortic root dilation
- **Most common cause of mitral regurgitation?** → Mitral valve prolapse
- **Most common cause of tricuspid regurgitation?** → Functional (right ventricular dilatation)
- **Most common site of aortic coarctation?** → Just distal to origin of left subclavian artery
- **Most common type of atrial septal defect (ASD)?** → Ostium secundum
- **Most common cause of paradoxical embolism?** → Patent foramen ovale
- **Most common cause of cardiac tamponade worldwide?** → Tuberculosis
- **Most common cause of cardiac tamponade in developed countries?** → Malignancy
- **Most common cause of syncope in elderly?** → Aortic stenosis
- **Most common cause of syncope in young adults?** → Vasovagal syncope
- **Most common arrhythmia overall?** → Atrial fibrillation

- **Most common cause of sudden death in MI?** → Ventricular fibrillation
- **Most common cause of endocardial cushion defect?** → Down syndrome
- **Most common cause of death post–MI in first 24 hrs?** → Arrhythmia

General Anatomy – One-Liner Flashcards

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- **First bone to ossify in fetus?** → Clavicle
- **Most common type of cartilage?** → Hyaline cartilage
- **Longest cranial nerve?** → Vagus nerve
- **Longest intracranial course cranial nerve?** → Abducens nerve
- **Nerve supply of diaphragm?** → Phrenic nerve (C3–C5)
- **Most common epithelium in body?** → Stratified squamous epithelium
- **Nerve injured in surgical neck fracture of humerus?** → Axillary nerve
- **Muscle supplied by trochlear nerve?** → Superior oblique
- **Type of joint at shoulder?** → Ball and socket joint
- **Blood supply to femoral head in adults?** → Medial circumflex femoral artery
- **Main content of carpal tunnel?** → Median nerve
- **Primary extensor of knee?** → Quadriceps femoris
- **Bone forming lateral wall of orbit?** → Zygomatic bone
- **Largest paranasal sinus?** → Maxillary sinus
- **Most commonly fractured carpal bone?** → Scaphoid
- **Contents of anatomical snuffbox?** → Radial artery
- **Vertebra with dens process?** → Axis (C2)
- **Largest cranial nerve?** → Trigeminal nerve
- **Nerve for taste anterior 2/3 tongue?** → Chorda tympani (CN VII)
- **Muscle causing abduction of arm 15–90°?** → Deltoid
- **Most mobile part of vertebral column?** → Cervical region

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- **Ligament preventing hyperextension of knee?** → Anterior cruciate ligament (ACL)
- **Artery supplying majority of breast?** → Internal thoracic artery
- **Structure passing through foramen spinosum?** → Middle meningeal artery
- **Commonest site for lumbar puncture?** → L3–L4 or L4–L5 interspace
- **Largest salivary gland?** → Parotid gland
- **Innervation of parotid gland?** → Glossopharyngeal nerve (CN IX) via auriculotemporal nerve
- **Muscle initiating abduction of arm?** → Supraspinatus
- **Dermatome for umbilicus?** → T10
- **Structure passing through optic canal?** → Optic nerve and ophthalmic artery
- **Type of epithelium in urinary bladder?** → Transitional epithelium
- **Largest lymphoid organ?** → Spleen
- **Nerve injured in midshaft humerus fracture?** → Radial nerve
- **Artery accompanying radial nerve in spiral groove?** → Deep brachial artery
- **Bone forming forehead?** → Frontal bone
- **Largest sesamoid bone?** → Patella
- **Structure passing through carotid canal?** → Internal carotid artery
- **Boundary between nasopharynx and oropharynx?** → Soft palate
- **Longest vein in body?** → Great saphenous vein
- **Most common site of epistaxis?** → Kiesselbach's plexus
- **Innervation of sternocleidomastoid?** → Spinal accessory nerve (CN XI)
- **Main muscle of mastication for jaw closure?** → Masseter
- **Nerve injured in posterior hip dislocation?** → Sciatic nerve
- **Ligament attached to fovea of femoral head?** → Ligamentum teres
- **Structure passing through foramen ovale?** → Mandibular nerve (V3)
- **Muscle inserting into radial tuberosity?** → Biceps brachii
- **Largest artery of the body?** → Aorta
- **Smallest muscle in human body?** → Stapedius
- **Most common site of intracranial berry aneurysm?** → Anterior communicating artery

- **First branch of external carotid artery?** → Superior thyroid artery

Upper Limb Anatomy – One-Liner Flashcards

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- **Nerve injured in surgical neck fracture of humerus?** → Axillary nerve
- **Most commonly fractured carpal bone?** → Scaphoid
- **Nerve injured in midshaft humerus fracture?** → Radial nerve
- **Muscle inserting into radial tuberosity?** → Biceps brachii
- **Nerve passing through carpal tunnel?** → Median nerve
- **Main content of anatomical snuffbox?** → Radial artery
- **Structure passing through quadrangular space?** → Axillary nerve & posterior circumflex humeral artery
- **Nerve injured in supracondylar fracture of humerus?** → Median nerve
- **Nerve injured in fracture of medial epicondyle?** → Ulnar nerve
- **First branch of axillary artery?** → Superior thoracic artery
- **Largest branch of brachial artery?** → Profunda brachii artery
- **Muscle initiating abduction of arm?** → Supraspinatus
- **Muscle responsible for arm abduction from 15–90°?** → Deltoid
- **Nerve supply of deltoid muscle?** → Axillary nerve
- **Muscle for external rotation of arm?** → Infraspinatus
- **Most powerful supinator of forearm?** → Biceps brachii
- **Nerve injured in wrist drop?** → Radial nerve
- **Dermatome for tip of thumb?** → C6
- **Dermatome for tip of little finger?** → C8
- **Tennis elbow involves inflammation of?** → Lateral epicondyle
- **Golfer's elbow involves inflammation of?** → Medial epicondyle
- **Bone forming lateral border of carpal tunnel?** → Scaphoid & trapezium
- **Bone forming medial border of carpal tunnel?** → Pisiform & hamate
- **Muscle tested by 'OK sign'?** → Flexor pollicis longus (median nerve branch)
- **Nerve tested by Froment's sign?** → Ulnar nerve
- **Intrinsic muscles of hand supplied by median nerve?** → LOAF (Lumbricals 1 & 2, Opponens pollicis, Abductor pollicis brevis, Flexor pollicis brevis superficial head)

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- **Most common site of Colles fracture?** → Distal radius
- **Reverse Colles fracture is called?** → Smith's fracture
- **Claw hand due to injury of?** → Ulnar nerve
- **Ape thumb deformity due to injury of?** → Median nerve
- **Policeman's tip deformity due to injury of?** → Upper trunk of brachial plexus (Erb's palsy)
- **Waiter's tip position involves which roots?** → C5–C6
- **Klumpke's palsy involves which roots?** → C8–T1
- **Muscle tested by 'empty can' test?** → Supraspinatus
- **Scapular winging due to injury of?** → Long thoracic nerve
- **Nerve supply of latissimus dorsi?** → Thoracodorsal nerve
- **Muscle inserting into coracoid process?** → Pectoralis minor & short head of biceps brachii
- **Brachial artery pulse best felt at?** → Medial to biceps tendon in cubital fossa
- **Vein used for central venous access in upper limb?** → Basilic vein
- **Lymph nodes draining upper limb?** → Axillary lymph nodes
- **Median nerve root value?** → C5–T1
- **Ulnar nerve root value?** → C8–T1
- **Radial nerve root value?** → C5–T1
- **Axillary nerve root value?** → C5–C6
- **Musculocutaneous nerve root value?** → C5–C7
- **Dermatome for lateral forearm?** → C6

- **Dermatome for medial forearm?** → T1
- **Nerve injured in fracture of hook of hamate?** → Ulnar nerve
- **Structure passing through supinator muscle?** → Posterior interosseous nerve
- **Structure passing deep to flexor retinaculum?** → Median nerve & flexor tendons

Thorax Anatomy – One-Liner Flashcards

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- **Main muscle of inspiration?** → Diaphragm
- **Accessory muscles of inspiration?** → External intercostals, sternocleidomastoid, scalene
- **Accessory muscles of expiration?** → Internal intercostals, abdominal muscles
- **Primary blood supply of pericardium?** → Pericardiacophrenic artery
- **Nerve supply of pericardium (sensory)?** → Phrenic nerve
- **Nerve supply of diaphragm?** → Phrenic nerve (C3–C5)
- **Structures passing through diaphragm at T8?** → Inferior vena cava, right phrenic nerve
- **Structures passing through diaphragm at T10?** → Esophagus, vagus nerves
- **Structures passing through diaphragm at T12?** → Aorta, thoracic duct, azygos vein
- **Root value of phrenic nerve?** → C3–C5
- **Most common site of rib fracture?** → Angle of rib
- **True ribs?** → Ribs 1–7
- **False ribs?** → Ribs 8–10
- **Floating ribs?** → Ribs 11–12
- **Largest artery in thorax?** → Aorta
- **Vein draining myocardium into right atrium?** → Coronary sinus
- **Main blood supply to SA node?** → Right coronary artery
- **Main blood supply to AV node?** → Right coronary artery
- **Most common site of myocardial infarction?** → Left anterior descending artery (LAD)
- **Nerve supply of heart?** → Cardiac plexus (sympathetic + parasympathetic)
- **Location of tricuspid valve auscultation?** → Lower left sternal border, 4th–5th intercostal space
- **Location of mitral valve auscultation?** → Left 5th intercostal space, midclavicular line
- **Location of aortic valve auscultation?** → Right 2nd intercostal space, sternal border
- **Location of pulmonary valve auscultation?** → Left 2nd intercostal space, sternal border
- **Structure forming apex of heart?** → Left ventricle
- **Structure forming base of heart?** → Left atrium
- **Vertebral level of sternal angle?** → T4–T5
- **Branch of arch of aorta present in humans but not in animals?** → Brachiocephalic trunk
- **Right lung fissures?** → Oblique & horizontal fissure
- **Left lung fissures?** → Oblique fissure only
- **Right lung lobes?** → Three lobes

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- **Left lung lobes?** → Two lobes
- **Lingula is part of which lung?** → Left lung
- **Structure passing behind root of lung?** → Vagus nerve
- **Structure passing in front of root of lung?** → Phrenic nerve
- **Bronchopulmonary segment supplied by?** → Tertiary bronchus & segmental artery
- **Commonest site for inhaled foreign body in adults?** → Right main bronchus
- **Vertebral level of tracheal bifurcation?** → T4 (sternal angle)
- **Lining epithelium of trachea?** → Pseudostratified columnar ciliated epithelium
- **Main inspiratory nerve to lungs?** → Vagus nerve (parasympathetic)
- **Arterial supply of lungs?** → Bronchial arteries
- **Venous drainage of lungs?** → Bronchial & pulmonary veins
- **Thoracic duct drains into?** → Left venous angle (junction of internal jugular & subclavian vein)
- **Right lymphatic duct drains?** → Right upper limb, right thorax, right head & neck
- **Main muscle for forceful expiration?** → Abdominal muscles
- **Largest lymphoid organ in thorax?** → Thymus (in children)
- **Nerve supply to pleura (parietal)?** → Intercostal & phrenic nerves
- **Nerve supply to pleura (visceral)?** → Autonomic nerves
- **Most common site for chest tube insertion?** → 5th intercostal space, midaxillary line
- **Thoracocentesis is done above or below rib?** → Just above the upper border of rib to avoid

neurovascular bundle

Lower Limb Anatomy – One-Liner Flashcards

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- **Nerve injured in fracture of neck of fibula?** → Common peroneal nerve
- **Root value of femoral nerve?** → L2–L4
- **Root value of sciatic nerve?** → L4–S3
- **Root value of obturator nerve?** → L2–L4
- **Root value of tibial nerve?** → L4–S3
- **Root value of common peroneal nerve?** → L4–S2
- **Nerve injured in posterior hip dislocation?** → Sciatic nerve
- **Nerve injured in Trendelenburg gait?** → Superior gluteal nerve
- **Muscle supplied by inferior gluteal nerve?** → Gluteus maximus
- **Muscle responsible for unlocking knee?** → Popliteus
- **Longest muscle in body?** → Sartorius
- **Strongest ligament in body?** → Iliofemoral ligament
- **Muscle forming medial border of femoral triangle?** → Adductor longus
- **Contents of femoral sheath?** → Femoral artery, femoral vein, femoral canal (lymphatics)
- **Most common site of femoral hernia?** → Femoral canal
- **Nerve supply of adductor muscles?** → Obturator nerve
- **Main artery supplying head of femur in adults?** → Medial circumflex femoral artery
- **Artery supplying head of femur in children?** → Obturator artery via ligamentum teres
- **Most common site of compartment syndrome in lower limb?** → Anterior compartment of leg
- **Muscle responsible for dorsiflexion of foot?** → Tibialis anterior
- **Muscle responsible for plantarflexion of foot?** → Gastrocnemius & soleus
- **Muscle responsible for inversion of foot?** → Tibialis anterior & tibialis posterior
- **Muscle responsible for eversion of foot?** → Peroneus longus & brevis
- **Dermatome for big toe?** → L4–L5
- **Dermatome for little toe?** → S1
- **Dermatome for heel?** → S1–S2
- **Most common site of ankle sprain?** → Anterior talofibular ligament
- **Ligament injured in high ankle sprain?** → Syndesmotic ligament
- **Structure passing through tarsal tunnel?** → Tibial nerve, posterior tibial artery & vein, flexor tendons (Tom, Dick, And Very Nervous Harry)
- **Largest tarsal bone?** → Calcaneus
- **Bone forming heel?** → Calcaneus
- **Bone forming ankle mortise with tibia & fibula?** → Talus
- **Artery palpated behind medial malleolus?** → Posterior tibial artery
- **Artery palpated on dorsum of foot?** → Dorsalis pedis artery
- **Most common site of stress fracture in lower limb?** → Second metatarsal
- **Vein used for long-term IV access in lower limb?** → Great saphenous vein
- **Lymph nodes draining lower limb?** → Inguinal lymph nodes
- **Root value of patellar reflex?** → L3–L4
- **Root value of ankle jerk reflex?** → S1–S2

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- **Nerve injured in foot drop?** → Common peroneal nerve
- **Nerve injured in tarsal tunnel syndrome?** → Tibial nerve
- **Muscle inserting into iliotibial tract?** → Tensor fasciae latae
- **Muscle responsible for hip abduction?** → Gluteus medius & minimus
- **Muscle responsible for hip adduction?** → Adductor group (longus, brevis, magnus)
- **Main blood supply of posterior thigh muscles?** → Perforating branches of profunda femoris
- **Nerve supply of posterior thigh muscles?** → Sciatic nerve
- **Bone fractured in dashboard injury?** → Posterior dislocation of femoral head (acetabulum injury possible)
- **Ligament attached to fovea capitis?** → Ligamentum teres

- **Main action of quadriceps femoris?** → Knee extension
- **Main action of hamstring muscles?** → Knee flexion & hip extension

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Musculoskeletal – One-Liner Flashcards

- **Most common joint disease worldwide?** → Osteoarthritis
- **Most common cause of monoarthritis in adults?** → Gout
- **Most common cause of monoarthritis in children?** → Septic arthritis
- **Most common cause of polyarthritis worldwide?** → Rheumatoid arthritis
- **Most common cause of septic arthritis in adults?** → Staphylococcus aureus
- **Most common cause of septic arthritis in young adults?** → Neisseria gonorrhoeae
- **Most common cause of septic arthritis in neonates?** → Group B Streptococcus
- **Most common cause of reactive arthritis?** → Chlamydia trachomatis
- **Most common cause of acute gout attack?** → Dietary excess/alcohol
- **Most common cause of secondary gout?** → Myeloproliferative disorders
- **Most common joint affected in gout?** → First metatarsophalangeal (MTP) joint
- **Most common joint affected in pseudogout?** → Knee joint
- **Most common cause of pseudogout?** → Calcium pyrophosphate deposition disease
- **Most common crystal type in gout?** → Monosodium urate
- **Most common crystal type in pseudogout?** → Calcium pyrophosphate
- **Most common arthritis in young women?** → Systemic lupus erythematosus (SLE) arthritis
- **Most common cause of SLE mortality in early disease?** → Infection
- **Most common cause of SLE mortality in late disease?** → Cardiovascular disease
- **Most common organ involved in SLE?** → Kidney (lupus nephritis)
- **Most common cause of death in systemic sclerosis?** → Pulmonary hypertension
- **Most common cause of death in dermatomyositis/polymyositis?** → Malignancy-associated complications
- **Most common cause of mortality in ankylosing spondylitis?** → Cardiovascular complications
- **Most common extra-articular feature of ankylosing spondylitis?** → Uveitis
- **Most common cause of secondary osteoporosis?** → Corticosteroid use
- **Most common fracture in elderly?** → Colles' fracture (distal radius)
- **Most common fracture in children?** → Greenstick fracture
- **Most common site of stress fracture?** → Tibia
- **Most common cause of pathological fracture in adults?** → Metastatic bone disease
- **Most common cause of pathological fracture in children?** → Osteogenesis imperfecta
- **Most common cause of compartment syndrome?** → Fractures (especially tibia)
- **Most common nerve affected in humeral shaft fracture?** → Radial nerve
- **Most common nerve affected in supracondylar fracture of humerus?** → Median nerve
- **Most common nerve affected in surgical neck fracture of humerus?** → Axillary nerve
- **Most common artery injured in supracondylar fracture?** → Brachial artery
- **Most common dislocated large joint?** → Shoulder joint
- **Most common cause of anterior shoulder dislocation?** → Trauma (sports injuries)
- **Most common cause of posterior shoulder dislocation?** → Seizures, electrocution
- **Most common cause of recurrent shoulder dislocation?** → Bankart lesion
- **Most common cause of knee ligament injury?** → Anterior cruciate ligament (ACL) tear
- **Most common meniscus injured in knee?** → Medial meniscus
- **Most common cause of chronic low back pain in young adults?** → Ankylosing spondylitis
- **Most common cause of low back pain overall?** → Mechanical (muscle strain)
- **Most common cause of limping in children?** → Transient synovitis
- **Most common cause of limp in adolescents?** → Slipped capital femoral epiphysis (SCFE)
- **Most common cause of limping in toddlers?** → Developmental dysplasia of the hip
- **Most common bone tumor in adults?** → Metastatic tumors
- **Most common primary malignant bone tumor in adults?** → Multiple myeloma
- **Most common primary malignant bone tumor in children?** → Osteosarcoma
- **Most common benign bone tumor?** → Osteochondroma

- **Most common site for osteosarcoma?** → Metaphysis of long bones (around knee)

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Histology – One-Liner Flashcards

- **Basic dye in histology?** → Hematoxylin (stains acidic structures blue)
- **Acidic dye in histology?** → Eosin (stains basic structures pink)
- **PAS stain is used for?** → Glycogen, mucopolysaccharides
- **Silver stain is used for?** → Reticular fibers, fungi
- **Congo red stain is used for?** → Amyloid (apple-green birefringence under polarized light)
- **Trichrome stain is used for?** → Collagen fibers
- **Osmic acid stain is used for?** → Fat
- **Best fixative for electron microscopy?** → Glutaraldehyde
- **Most common fixative for light microscopy?** → 10% formalin
- **Unit of structure and function in cell?** → Cell
- **Most abundant cell in the body?** → Red blood cell
- **Largest cell in the human body?** → Ovum
- **Smallest cell in the human body?** → Sperm
- **Plasma membrane composition?** → Lipid bilayer with proteins
- **Rough endoplasmic reticulum function?** → Protein synthesis
- **Smooth endoplasmic reticulum function?** → Lipid synthesis, detoxification
- **Golgi apparatus function?** → Protein modification & packaging
- **Lysosome function?** → Intracellular digestion
- **Peroxisome function?** → Breakdown of hydrogen peroxide
- **Mitochondria function?** → ATP production
- **Ribosome function?** → Protein synthesis
- **Centrioles function?** → Spindle formation during cell division
- **Cilia function?** → Movement of substances over cell surface
- **Microvilli function?** → Increase surface area for absorption
- **Epithelium lining GI tract?** → Simple columnar epithelium
- **Epithelium lining urinary bladder?** → Transitional epithelium
- **Epithelium lining respiratory tract?** → Pseudostratified columnar ciliated epithelium with goblet cells
- **Epithelium lining blood vessels?** → Simple squamous epithelium (endothelium)
- **Most abundant connective tissue fiber?** → Collagen
- **Strongest connective tissue fiber?** → Collagen type I
- **Elastic fibers are rich in?** → Elastin + fibrillin
- **Reticular fibers are made of?** → Collagen type III
- **Cartilage cells?** → Chondrocytes
- **Bone cells?** → Osteoblasts, osteocytes, osteoclasts
- **Unit of compact bone?** → Osteon (Haversian system)
- **Blood cell with no nucleus?** → RBC
- **Largest WBC?** → Monocyte
- **Smallest WBC?** → Lymphocyte
- **First antibody produced in immune response?** → IgM
- **Most abundant antibody in serum?** → IgG
- **Antibody present in secretions?** → IgA
- **Cell responsible for antibody production?** → Plasma cell
- **T-cells mature in?** → Thymus
- **B-cells mature in?** → Bone marrow
- **Primary lymphoid organs?** → Bone marrow, thymus
- **Secondary lymphoid organs?** → Lymph nodes, spleen, MALT
- **Most common type of cartilage?** → Hyaline cartilage
- **Only cartilage without perichondrium?** → Fibrocartilage
- **Cell junction preventing leakage?** → Tight junction (zonula occludens)

- **Cell junction providing strong adhesion?** → Desmosome

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Embryology – One-Liner Flashcards

- **Fertilization site in humans?** → Ampulla of fallopian tube
- **Time of implantation after fertilization?** → 6–7 days
- **Most common site of ectopic pregnancy?** → Ampulla of fallopian tube
- **First hormone produced by syncytiotrophoblast?** → hCG
- **First embryonic structure to appear?** → Primitive streak
- **First system to function in embryo?** → Cardiovascular system
- **Primary germ layers?** → Ectoderm, mesoderm, endoderm
- **Ectoderm derivatives?** → CNS, PNS, epidermis, enamel of teeth
- **Mesoderm derivatives?** → Muscle, bone, blood, heart, kidneys
- **Endoderm derivatives?** → GI tract epithelium, respiratory tract, thyroid
- **Neural crest derivatives?** → Melanocytes, adrenal medulla, Schwann cells
- **Most common site of neural tube defects?** → Lumbosacral region
- **Most common neural tube defect?** → Spina bifida occulta
- **Vitamin preventing neural tube defects?** → Folic acid
- **Structure forming placenta?** → Chorion frondosum + decidua basalis
- **Time when placenta is fully functional?** → End of first trimester
- **Umbilical cord contents?** → 2 arteries + 1 vein
- **Origin of umbilical vein?** → Left umbilical vein
- **Origin of umbilical arteries?** → Internal iliac arteries
- **Cloaca divides into?** → Urogenital sinus + anorectal canal
- **Most common cause of congenital adrenal hyperplasia?** → 21-hydroxylase deficiency
- **First pharyngeal arch derivatives?** → Maxilla, mandible, malleus, incus
- **Nerve of first pharyngeal arch?** → Trigeminal nerve (CN V)
- **Muscles of first pharyngeal arch?** → Muscles of mastication
- **Second pharyngeal arch derivatives?** → Stapes, styloid process, lesser horn of hyoid
- **Nerve of second pharyngeal arch?** → Facial nerve (CN VII)
- **Muscles of second pharyngeal arch?** → Muscles of facial expression
- **Third pharyngeal arch derivatives?** → Greater horn of hyoid
- **Nerve of third pharyngeal arch?** → Glossopharyngeal nerve (CN IX)
- **Muscle of third pharyngeal arch?** → Stylopharyngeus
- **Fourth pharyngeal arch nerve?** → Superior laryngeal branch of vagus (CN X)
- **Sixth pharyngeal arch nerve?** → Recurrent laryngeal branch of vagus (CN X)
- **First pharyngeal pouch derivative?** → Middle ear cavity + Eustachian tube
- **Second pharyngeal pouch derivative?** → Palatine tonsils
- **Third pharyngeal pouch derivative?** → Inferior parathyroids + thymus
- **Fourth pharyngeal pouch derivative?** → Superior parathyroids + ultimobranchial body
- **Lens of eye develops from?** → Surface ectoderm
- **Retina develops from?** → Neuroectoderm
- **Cornea develops from?** → Surface ectoderm + mesoderm
- **Ear ossicles develop from?** → First & second pharyngeal arches
- **Diaphragm develops from?** → Septum transversum + pleuroperitoneal membranes
- **Most common cause of congenital diaphragmatic hernia?** → Failure of pleuroperitoneal membranes to fuse
- **Origin of adrenal cortex?** → Mesoderm
- **Origin of adrenal medulla?** → Neural crest cells
- **Origin of pituitary gland?** → Rathke's pouch (anterior), neuroectoderm (posterior)
- **Origin of parafollicular cells of thyroid?** → Neural crest
- **Most common congenital heart defect?** → Ventricular septal defect
- **Most common cyanotic heart defect in newborn?** → Transposition of great arteries
- **Most common cyanotic heart defect after infancy?** → Tetralogy of Fallot

- **First branchial cleft anomaly location?** → Near external auditory canal

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Neuroanatomy – Brain & Cranial Nerves – One-Liner Flashcards

- **Largest part of brain?** → Cerebrum
- **Site of primary motor cortex?** → Precentral gyrus (frontal lobe)
- **Site of primary sensory cortex?** → Postcentral gyrus (parietal lobe)
- **Site of primary visual cortex?** → Occipital lobe (area 17)
- **Site of primary auditory cortex?** → Temporal lobe (superior temporal gyrus)
- **Language area in dominant hemisphere?** → Broca's (motor speech) & Wernicke's (comprehension) areas
- **Function of cerebellum?** → Coordination of voluntary movements & balance
- **Function of basal ganglia?** → Regulation of movement initiation and inhibition
- **Main neurotransmitter of basal ganglia?** → Dopamine
- **Lesion of substantia nigra causes?** → Parkinson's disease
- **Lesion of caudate nucleus causes?** → Huntington's disease
- **Site of cerebrospinal fluid production?** → Choroid plexus
- **Normal CSF volume in adults?** → ~150 mL
- **Main site of CSF absorption?** → Arachnoid villi into superior sagittal sinus
- **Blood–brain barrier formed by?** → Endothelial tight junctions, astrocyte foot processes, basement membrane
- **Cranial nerve with longest intracranial course?** → Trochlear nerve (CN IV)
- **Cranial nerve with longest extracranial course?** → Vagus nerve (CN X)
- **Only cranial nerve emerging dorsally from brainstem?** → Trochlear nerve (CN IV)
- **Cranial nerve not passing through thalamus?** → Olfactory nerve (CN I)
- **Cranial nerve with parasympathetic fibers to eye?** → Oculomotor nerve (CN III)
- **Cranial nerve affected in Bell's palsy?** → Facial nerve (CN VII)
- **Nerve for taste anterior 2/3 tongue?** → Chorda tympani (CN VII)
- **Nerve for taste posterior 1/3 tongue?** → Glossopharyngeal nerve (CN IX)
- **Nerve for taste at epiglottis?** → Vagus nerve (CN X)
- **Sensory nerve for cornea?** → Ophthalmic nerve (V1 of CN V)
- **Motor nerve for mastication?** → Mandibular nerve (V3 of CN V)
- **Cranial nerve carrying parasympathetic fibers to parotid gland?** → Glossopharyngeal nerve (CN IX) via auriculotemporal nerve
- **Cranial nerve with largest sensory root?** → Trigeminal nerve (CN V)
- **Cranial nerve supplying sternocleidomastoid & trapezius?** → Spinal accessory nerve (CN XI)
- **Cranial nerve supplying intrinsic muscles of tongue?** → Hypoglossal nerve (CN XII)
- **Nerve supply of lateral rectus?** → Abducens nerve (CN VI)
- **Nerve supply of superior oblique?** → Trochlear nerve (CN IV)
- **Artery supplying majority of brain?** → Internal carotid artery
- **Artery supplying brainstem?** → Vertebral & basilar arteries
- **Most common site of berry aneurysm?** → Anterior communicating artery
- **Most common cause of subarachnoid hemorrhage?** → Ruptured berry aneurysm
- **Most common site of hypertensive intracerebral hemorrhage?** → Basal ganglia (putamen)
- **Artery involved in lateral medullary syndrome?** → Posterior inferior cerebellar artery (PICA)
- **Artery involved in medial medullary syndrome?** → Anterior spinal artery
- **Artery involved in locked-in syndrome?** → Basilar artery
- **Cortical area for voluntary eye movement?** → Frontal eye field (area 8)
- **Cortical area for reading & writing comprehension?** → Angular gyrus
- **Part of brain affected in Kluver–Bucy syndrome?** → Bilateral amygdala
- **Part of brain affected in Wernicke–Korsakoff syndrome?** → Mammillary bodies
- **Primary blood supply to hippocampus?** → Posterior cerebral artery
- **Structure passing through foramen magnum?** → Spinal cord, vertebral arteries, spinal accessory nerve roots

- **Nerve passing through jugular foramen?** → Glossopharyngeal (IX), vagus (X), spinal accessory (XI)
- **Nerve passing through hypoglossal canal?** → Hypoglossal nerve (XII)
- **Part of brain controlling autonomic function?** → Hypothalamus
- **Part of brain regulating circadian rhythm?** → Suprachiasmatic nucleus of hypothalamus

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Biochemistry – One-Liner Flashcards

- **Basic functional unit of protein?** → Amino acid
- **Bond linking amino acids in proteins?** → Peptide bond
- **Most abundant protein in human body?** → Collagen
- **Vitamin required for collagen hydroxylation?** → Vitamin C
- **Essential amino acids?** → PVT TIM HALL (Phenylalanine, Valine, Threonine, Tryptophan, Isoleucine, Methionine, Histidine, Arginine, Leucine, Lysine)
- **Purely ketogenic amino acids?** → Leucine & Lysine
- **Rate-limiting enzyme of glycolysis?** → Phosphofructokinase-1 (PFK-1)
- **End product of glycolysis?** → Pyruvate
- **Enzyme converting pyruvate to acetyl-CoA?** → Pyruvate dehydrogenase
- **Vitamin required for pyruvate dehydrogenase?** → Thiamine (B1)
- **Rate-limiting enzyme of gluconeogenesis?** → Fructose-1,6-bisphosphatase
- **Rate-limiting enzyme of glycogenolysis?** → Glycogen phosphorylase
- **Rate-limiting enzyme of glycogenesis?** → Glycogen synthase
- **Storage form of glucose in animals?** → Glycogen
- **Storage form of glucose in plants?** → Starch
- **Deficiency causing von Gierke disease?** → Glucose-6-phosphatase
- **Deficiency causing Pompe disease?** → Lysosomal acid alpha-glucosidase
- **Deficiency causing McArdle disease?** → Muscle glycogen phosphorylase
- **Rate-limiting enzyme of pentose phosphate pathway?** → Glucose-6-phosphate dehydrogenase (G6PD)
- **Vitamin required for transamination reactions?** → Pyridoxine (B6)
- **Vitamin required for carboxylation reactions?** → Biotin (B7)
- **Vitamin required for methylation reactions?** → Folate (B9) & Cobalamin (B12)
- **Vitamin deficiency causing megaloblastic anemia?** → Folate or B12 deficiency
- **Vitamin deficiency causing pernicious anemia?** → Vitamin B12 deficiency (lack of intrinsic factor)
- **Vitamin deficiency causing beriberi?** → Thiamine (B1) deficiency
- **Vitamin deficiency causing pellagra?** → Niacin (B3) deficiency
- **Vitamin deficiency causing scurvy?** → Vitamin C deficiency
- **Vitamin deficiency causing rickets/osteomalacia?** → Vitamin D deficiency
- **Vitamin deficiency causing night blindness?** → Vitamin A deficiency
- **Vitamin deficiency causing hemorrhage?** → Vitamin K deficiency
- **Main intracellular cation?** → Potassium (K^+)
- **Main extracellular cation?** → Sodium (Na^+)
- **Main extracellular anion?** → Chloride (Cl^-)
- **Main intracellular anion?** → Phosphate (PO_4^{3-})
- **pH at which an amino acid has no net charge?** → Isoelectric point (pI)
- **Primary storage form of fat?** → Triglycerides
- **Essential fatty acids?** → Linoleic & Linolenic acid
- **Lipoprotein with highest cholesterol content?** → LDL
- **Lipoprotein with highest triglyceride content?** → Chylomicron
- **Lipoprotein with highest protein content?** → HDL
- **Rate-limiting enzyme of cholesterol synthesis?** → HMG-CoA reductase
- **Drug inhibiting HMG-CoA reductase?** → Statins
- **End product of purine metabolism?** → Uric acid
- **Enzyme deficiency in Lesch-Nyhan syndrome?** → HGPRT
- **Pyrimidine base unique to RNA?** → Uracil
- **Pyrimidine base unique to DNA?** → Thymine
- **Bond linking base to sugar in nucleotide?** → N-glycosidic bond

- **Bond linking phosphate groups in ATP?** → Phosphoanhydride bond
- **Number of ATP produced from 1 NADH in ETC?** → 3 ATP (theoretical)
- **Number of ATP produced from 1 $FADH_2$ in ETC?** → 2 ATP (theoretical)

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Abdomen, Pelvis & Perineum – One-Liner Flashcards

- **Largest organ in abdomen?** → Liver
- **Ligament attaching liver to anterior abdominal wall?** → Falciform ligament
- **Blood supply of liver?** → Hepatic artery (25%), portal vein (75%)
- **Ligament containing portal triad?** → Hepatoduodenal ligament
- **Contents of portal triad?** → Portal vein, hepatic artery, bile duct
- **Main blood supply to stomach?** → Celiac trunk branches
- **Nerve supply of foregut?** → Vagus nerve (parasympathetic), greater splanchnic nerve (sympathetic)
- **Nerve supply of midgut?** → Vagus nerve (parasympathetic), lesser splanchnic nerve (sympathetic)
- **Nerve supply of hindgut?** → Pelvic splanchnic nerve (parasympathetic), lumbar splanchnic nerve (sympathetic)
- **Main blood supply of midgut?** → Superior mesenteric artery
- **Main blood supply of hindgut?** → Inferior mesenteric artery
- **Ligament containing tail of pancreas?** → Splenorenal ligament
- **Most mobile part of large intestine?** → Transverse colon
- **Structure crossing 3rd part of duodenum anteriorly?** → Superior mesenteric vessels
- **Vertebral level of origin of celiac trunk?** → T12
- **Vertebral level of origin of SMA?** → L1
- **Vertebral level of origin of IMA?** → L3
- **Structure passing through inguinal canal in males?** → Spermatic cord
- **Structure passing through inguinal canal in females?** → Round ligament of uterus
- **Deep inguinal ring lies at which point?** → Midpoint between ASIS & pubic symphysis
- **Main content of spermatic cord?** → Vas deferens, testicular artery, pampiniform plexus, cremasteric vessels, lymphatics, nerves
- **Lining epithelium of epididymis?** → Pseudostratified columnar epithelium with stereocilia
- **Blood supply of testes?** → Testicular artery (from abdominal aorta)
- **Lymphatic drainage of testes?** → Para-aortic lymph nodes
- **Lymphatic drainage of scrotum?** → Superficial inguinal lymph nodes
- **Most common site of direct inguinal hernia?** → Hesselbach's triangle
- **Most common site of indirect inguinal hernia?** → Deep inguinal ring
- **Structure passing through obturator canal?** → Obturator nerve & vessels
- **Pelvic diaphragm formed by?** → Levator ani & coccygeus muscles
- **Main nerve supply of perineum?** → Pudendal nerve
- **Root value of pudendal nerve?** → S2–S4
- **Erection nerve supply?** → Parasympathetic (pelvic splanchnic nerves)
- **Ejaculation nerve supply?** → Sympathetic (hypogastric plexus)
- **Main artery of perineum?** → Internal pudendal artery
- **Lymphatic drainage of upper anal canal?** → Internal iliac lymph nodes
- **Lymphatic drainage of lower anal canal?** → Superficial inguinal lymph nodes
- **Pectinate line marks?** → Junction of ectoderm & endoderm in anal canal
- **Epithelium above pectinate line?** → Columnar epithelium
- **Epithelium below pectinate line?** → Stratified squamous epithelium
- **Nerve supply above pectinate line?** → Visceral (autonomic)
- **Nerve supply below pectinate line?** → Somatic (inferior rectal nerve)
- **Artery supplying majority of uterus?** → Uterine artery
- **Uterine artery is a branch of?** → Internal iliac artery
- **Structure crossing over ureter in females?** → Uterine artery ("Water under the bridge")
- **Structure crossing over ureter in males?** → Vas deferens
- **Blood supply of ovary?** → Ovarian artery (from abdominal aorta)

- **Lymphatic drainage of ovary?** → Para-aortic lymph nodes
- **Most common site of ectopic pregnancy?** → Ampulla of fallopian tube
- **Epithelium of fallopian tube?** → Simple columnar ciliated epithelium
- **Blood supply of urinary bladder?** → Superior & inferior vesical arteries

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Physiology – One-Liner Flashcards

- **Resting membrane potential of neuron?** → −70 mV
- **Main ion responsible for resting membrane potential?** → Potassium (K^+)
- **Normal extracellular sodium concentration?** → ~145 mEq/L
- **Normal intracellular sodium concentration?** → ~10–15 mEq/L
- **Normal extracellular potassium concentration?** → ~4 mEq/L
- **Normal intracellular potassium concentration?** → ~140 mEq/L
- **Normal extracellular calcium concentration?** → ~1.8–2.6 mEq/L
- **ATP production per glucose in aerobic glycolysis?** → 36–38 ATP
- **Main pacemaker of heart?** → SA node
- **Intrinsic rate of SA node?** → 60–100 bpm
- **Intrinsic rate of AV node?** → 40–60 bpm
- **Intrinsic rate of Purkinje fibers?** → 20–40 bpm
- **Normal cardiac output at rest?** → ~5 L/min
- **Formula for cardiac output?** → CO = HR × SV
- **Normal stroke volume?** → ~70 mL
- **Formula for mean arterial pressure?** → MAP = DBP + ⅓ (SBP − DBP)
- **Normal MAP?** → ~93 mmHg
- **Main determinant of systemic vascular resistance?** → Arteriolar diameter
- **Most compliant blood vessels?** → Veins
- **Highest pressure in which vessels?** → Aorta
- **Lowest pressure in which vessels?** → Right atrium
- **Main gas determining ventilation rate?** → CO_2
- **Normal alveolar PO_2?** → ~104 mmHg
- **Normal alveolar PCO_2?** → ~40 mmHg
- **Primary respiratory drive in healthy individuals?** → Hypercapnia (↑CO_2)
- **Primary respiratory drive in COPD patients?** → Hypoxia (↓O_2)
- **Oxygen dissociation curve shift right caused by?** → ↑CO_2, ↑H^+, ↑temperature, ↑2,3-BPG
- **Oxygen dissociation curve shift left caused by?** → ↓CO_2, ↓H^+, ↓temperature, ↓2,3-BPG
- **Bohr effect describes?** → Effect of CO_2/H^+ on O_2 affinity of hemoglobin
- **Haldane effect describes?** → Effect of O_2 on CO_2 transport in blood
- **Most important buffer in blood?** → Bicarbonate buffer
- **Normal blood pH?** → 7.35–7.45
- **Normal plasma osmolarity?** → ~285–295 mOsm/kg
- **Hormone regulating plasma osmolarity?** → ADH
- **Hormone regulating plasma sodium concentration?** → Aldosterone
- **Most important stimulus for ADH release?** → ↑Plasma osmolarity
- **Most important stimulus for aldosterone release?** → ↑K^+, ↓Na^+, ↓BP (via renin-angiotensin system)
- **Site of highest water reabsorption in nephron?** → Proximal tubule
- **Site of action of loop diuretics?** → Na^+–K^+–$2Cl^-$ cotransporter in thick ascending limb
- **Site of action of thiazide diuretics?** → Na^+–Cl^- cotransporter in distal convoluted tubule
- **Site of action of potassium-sparing diuretics?** → Collecting duct (ENaC or aldosterone antagonism)
- **Hormone responsible for uterine contraction?** → Oxytocin
- **Hormone responsible for milk production?** → Prolactin
- **Main hormone for calcium regulation?** → Parathyroid hormone (PTH)
- **Calcitonin function?** → ↓Blood calcium by inhibiting osteoclasts
- **Normal fasting blood glucose?** → 70–99 mg/dL
- **Insulin effect on potassium?** → Drives K^+ into cells
- **Glucagon effect on glycogen?** → Glycogenolysis & gluconeogenesis

- **Hormone with longest half-life?** → Thyroxine (T_4)
- **Main circadian rhythm regulator?** → Suprachiasmatic nucleus of hypothalamus

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Acid–Base Balance – One–Liner Flashcards

- **Normal arterial pH?** → 7.35–7.45
- **Normal arterial pCO_2?** → 35–45 mmHg
- **Normal arterial HCO_3^-?** → 22–26 mEq/L
- **Primary disturbance in metabolic acidosis?** → ↓ HCO_3^-
- **Primary disturbance in metabolic alkalosis?** → ↑ HCO_3^-
- **Primary disturbance in respiratory acidosis?** → ↑ pCO_2
- **Primary disturbance in respiratory alkalosis?** → ↓ pCO_2
- **Most common cause of metabolic acidosis?** → Diarrhea (loss of bicarbonate)
- **Most common cause of high anion gap metabolic acidosis?** → Lactic acidosis
- **Most common cause of normal anion gap metabolic acidosis?** → Diarrhea
- **Most common cause of metabolic alkalosis?** → Vomiting
- **Most common cause of respiratory acidosis?** → COPD
- **Most common cause of acute respiratory acidosis?** → Airway obstruction
- **Most common cause of respiratory alkalosis?** → Hyperventilation (anxiety)
- **Normal anion gap value?** → 8–12 mEq/L
- **Formula for anion gap?** → $Na^+ - (Cl^- + HCO_3^-)$
- **Causes of high anion gap metabolic acidosis?** → MUDPILES mnemonic
- **M in MUDPILES?** → Methanol
- **U in MUDPILES?** → Uremia
- **D in MUDPILES?** → Diabetic ketoacidosis
- **P in MUDPILES?** → Propylene glycol / Paracetamol overdose
- **I in MUDPILES?** → Iron / INH
- **L in MUDPILES?** → Lactic acidosis
- **E in MUDPILES?** → Ethylene glycol
- **S in MUDPILES?** → Salicylates
- **Causes of normal anion gap metabolic acidosis?** → HARDUPS mnemonic
- **H in HARDUPS?** → Hyperalimentation
- **A in HARDUPS?** → Acetazolamide
- **R in HARDUPS?** → Renal tubular acidosis
- **D in HARDUPS?** → Diarrhea
- **U in HARDUPS?** → Uretero–sigmoidostomy
- **P in HARDUPS?** → Pancreatic fistula
- **S in HARDUPS?** → Spironolactone
- **Winter's formula for respiratory compensation in metabolic acidosis?** → $pCO_2 = (1.5 \times HCO_3^-) + 8 \pm 2$
- **Expected pCO_2 in metabolic alkalosis?** → ↑ by 0.7 mmHg for every ↑ 1 mEq/L HCO_3^- above normal
- **Acute respiratory acidosis HCO_3^- change?** → ↑ 1 mEq/L per 10 mmHg ↑ pCO_2
- **Chronic respiratory acidosis HCO_3^- change?** → ↑ 3.5 mEq/L per 10 mmHg ↑ pCO_2
- **Acute respiratory alkalosis HCO_3^- change?** → ↓ 2 mEq/L per 10 mmHg ↓ pCO_2
- **Chronic respiratory alkalosis HCO_3^- change?** → ↓ 5 mEq/L per 10 mmHg ↓ pCO_2
- **Main buffer in extracellular fluid?** → Bicarbonate buffer system
- **Main buffer in intracellular fluid?** → Proteins (e.g., hemoglobin)
- **Main buffer in urine?** → Phosphate buffer system
- **Renal compensation for acidosis?** → ↑ H^+ secretion & ↑ HCO_3^- reabsorption
- **Renal compensation for alkalosis?** → ↓ H^+ secretion & ↓ HCO_3^- reabsorption
- **In metabolic acidosis, potassium levels?** → ↑ (hyperkalemia)
- **In metabolic alkalosis, potassium levels?** → ↓ (hypokalemia)
- **Mixed acid–base disorder with ↑ anion gap + respiratory alkalosis?** → Salicylate poisoning
- **Metabolic alkalosis with low urine chloride?** → Vomiting

- **Metabolic alkalosis with high urine chloride?** → Diuretic use
- **Respiratory alkalosis in pregnancy is due to?** → Progesterone–induced hyperventilation

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Biostatistics & Epidemiology – One-Liner Flashcards

- **Mean, median, mode are measures of?** → Central tendency
- **Most affected by extreme values?** → Mean
- **Least affected by extreme values?** → Mode
- **Best measure of central tendency in skewed data?** → Median
- **Measure of spread in data?** → Standard deviation (SD)
- **Square of standard deviation?** → Variance
- **If mean = median = mode, distribution is?** → Normal distribution
- **In a normal distribution, % within 1 SD?** → 68%
- **In a normal distribution, % within 2 SD?** → 95%
- **In a normal distribution, % within 3 SD?** → 99.7%
- **Null hypothesis (H_0) states?** → No difference / no association
- **Type I error?** → Rejecting a true null hypothesis (false positive)
- **Type II error?** → Failing to reject a false null hypothesis (false negative)
- **Probability of making a Type I error?** → α (significance level)
- **Probability of making a Type II error?** → β
- **Power of a study?** → 1 − β
- **Increasing sample size increases?** → Power
- **Confidence interval formula?** → Mean ± Z × (SD/√n)
- **Wider confidence interval means?** → Less precision
- **p-value < 0.05 means?** → Statistically significant
- **Test for difference between means of two groups?** → t-test
- **Test for difference between means of >2 groups?** → ANOVA
- **Test for association between categorical variables?** → Chi-square test
- **Test for correlation between two variables?** → Pearson correlation (r)
- **Value of r range?** → −1 to +1
- **Relative risk used in?** → Cohort studies
- **Odds ratio used in?** → Case-control studies
- **RR > 1 means?** → Increased risk
- **RR < 1 means?** → Protective effect
- **RR = 1 means?** → No association
- **Incidence measures?** → New cases in a given time
- **Prevalence measures?** → All cases at a given time
- **Formula: Prevalence?** → Incidence × Duration
- **Sensitivity measures?** → True positive rate
- **Specificity measures?** → True negative rate
- **Positive predictive value depends on?** → Prevalence
- **Negative predictive value depends on?** → Prevalence
- **High sensitivity test good for?** → Ruling out (SnOut)
- **High specificity test good for?** → Ruling in (SpIn)
- **Lead-time bias?** → Early detection appears to improve survival without affecting outcome
- **Length-time bias?** → Screening more likely detects slower-progressing cases
- **Recall bias common in?** → Case-control studies
- **Selection bias example?** → Berkson bias
- **Confounding?** → Third variable distorts association
- **Randomization reduces?** → Confounding
- **Blinding reduces?** → Observer bias & placebo effect
- **Best study design for rare diseases?** → Case-control
- **Best study design for prognosis?** → Cohort study
- **Best study design for new treatment efficacy?** → Randomized controlled trial
- **Meta-analysis advantage?** → Increases statistical power & generalizability

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Nephrology – One-Liner Flashcards

- **Most common cause of acute kidney injury in hospitalized patients?** → Acute tubular necrosis
- **Most common cause of community-acquired acute kidney injury?** → Prerenal azotemia (hypovolemia)
- **Most common cause of chronic kidney disease worldwide?** → Hypertension
- **Most common cause of chronic kidney disease in developed countries?** → Diabetes mellitus
- **Most common cause of nephrotic syndrome in adults?** → Membranous nephropathy
- **Most common cause of nephrotic syndrome in children?** → Minimal change disease
- **Most common cause of secondary nephrotic syndrome in adults?** → Diabetic nephropathy
- **Most common cause of nephritic syndrome in adults?** → IgA nephropathy (Berger's disease)
- **Most common cause of nephritic syndrome in children?** → Post-streptococcal glomerulonephritis
- **Most common cause of rapidly progressive glomerulonephritis?** → Goodpasture's syndrome
- **Most common cause of isolated hematuria?** → IgA nephropathy
- **Most common cause of renal artery stenosis in elderly?** → Atherosclerosis
- **Most common cause of renal artery stenosis in young women?** → Fibromuscular dysplasia
- **Most common cause of secondary hypertension?** → Renal parenchymal disease
- **Most common type of kidney stone?** → Calcium oxalate
- **Most common cause of calcium oxalate stones?** → Hypercalciuria
- **Most common cause of uric acid stones?** → Hyperuricemia (gout)
- **Most common cause of struvite stones?** → Proteus infection
- **Most common cause of cystine stones?** → Cystinuria
- **Most common site of kidney stones?** → Pelviureteric junction
- **Most common cause of hydronephrosis in children?** → Congenital PUJ obstruction
- **Most common cause of hydronephrosis in adults?** → Kidney stones
- **Most common cause of urinary tract infection overall?** → Escherichia coli
- **Most common cause of UTI in young sexually active women?** → Staphylococcus saprophyticus
- **Most common cause of UTI in hospitalized patients?** → Catheter-associated infection
- **Most common cause of pyelonephritis?** → Escherichia coli
- **Most common cause of renal papillary necrosis?** → Diabetes mellitus
- **Most common cause of acute interstitial nephritis?** → Drugs (NSAIDs, antibiotics)
- **Most common cause of chronic interstitial nephritis?** → Analgesic abuse
- **Most common cause of renal failure in multiple myeloma?** → Light chain cast nephropathy
- **Most common cause of small kidney on imaging?** → Chronic kidney disease
- **Most common cause of large kidney in CKD?** → Diabetic nephropathy
- **Most common cause of bilateral renal masses in adults?** → Polycystic kidney disease
- **Most common cause of adult polycystic kidney disease?** → PKD1 gene mutation
- **Most common cause of childhood polycystic kidney disease?** → Autosomal recessive PKD
- **Most common cause of renal tumor in adults?** → Renal cell carcinoma
- **Most common cause of renal tumor in children?** → Wilms tumor
- **Most common cause of painless hematuria in adults?** → Bladder cancer
- **Most common cause of painless hematuria in children?** → IgA nephropathy
- **Most common cause of post-renal acute kidney injury?** → Obstructive uropathy
- **Most common cause of nephrotic-range proteinuria in pregnancy?** → Pre-eclampsia
- **Most common cause of oliguria post-surgery?** → Prerenal azotemia
- **Most common cause of hematuria in young men?** → Exercise-induced hematuria
- **Most common cause of AKI in sepsis?** → Acute tubular necrosis
- **Most common cause of acute-on-chronic renal failure?** → Volume depletion in CKD
- **Most common congenital anomaly of the kidney?** → Horseshoe kidney
- **Most common cause of renal vein thrombosis in adults?** → Nephrotic syndrome
- **Most common cause of renal vein thrombosis in neonates?** → Dehydration

- **Most common site of metastasis from renal cell carcinoma?** → Lungs
- **Most common paraneoplastic feature of renal cell carcinoma?** → Polycythemia (↑ EPO)

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Nephrology – One-Liner Flashcards

- **Most common cause of acute kidney injury (AKI) worldwide?** → Pre-renal (hypovolemia)
- **Most common cause of AKI in hospitalized patients?** → Acute tubular necrosis
- **Most common cause of acute tubular necrosis?** → Ischemia
- **Most common cause of intrinsic renal AKI?** → Acute tubular necrosis
- **Most common cause of post-renal AKI?** → Benign prostatic hyperplasia
- **Most common cause of chronic kidney disease worldwide?** → Diabetes mellitus
- **Most common cause of chronic kidney disease in developed countries?** → Diabetes mellitus
- **Most common cause of chronic kidney disease in developing countries?** → Hypertension
- **Most common cause of nephrotic syndrome in adults?** → Membranous nephropathy
- **Most common cause of nephrotic syndrome in children?** → Minimal change disease
- **Most common cause of secondary nephrotic syndrome worldwide?** → Diabetes mellitus
- **Most common cause of nephritic syndrome in adults?** → IgA nephropathy
- **Most common cause of nephritic syndrome in children?** → Post-streptococcal glomerulonephritis
- **Most common cause of rapidly progressive glomerulonephritis?** → Goodpasture's syndrome
- **Most common cause of secondary glomerulonephritis?** → SLE
- **Most common cause of hematuria worldwide?** → Urinary tract infection
- **Most common cause of painless hematuria in elderly?** → Bladder cancer
- **Most common cause of gross hematuria in young adults?** → IgA nephropathy
- **Most common cause of proteinuria worldwide?** → Diabetes mellitus
- **Most common cause of asymptomatic proteinuria in young adults?** → Orthostatic proteinuria
- **Most common cause of end-stage renal disease worldwide?** → Diabetes mellitus
- **Most common cause of end-stage renal disease in developed countries?** → Diabetes mellitus
- **Most common cause of end-stage renal disease in developing countries?** → Chronic glomerulonephritis
- **Most common cause of urinary tract infection worldwide?** → E. coli
- **Most common cause of UTI in young women?** → Sexual intercourse
- **Most common cause of UTI in elderly men?** → BPH
- **Most common cause of recurrent UTI in women?** → Incomplete bladder emptying
- **Most common cause of pyelonephritis?** → E. coli
- **Most common cause of renal papillary necrosis?** → Diabetes mellitus
- **Most common cause of bilateral renal papillary necrosis?** → Analgesic nephropathy
- **Most common cause of kidney stones worldwide?** → Calcium oxalate
- **Most common cause of staghorn calculi?** → Struvite stones
- **Most common cause of uric acid stones?** → Gout
- **Most common cause of cystine stones?** → Cystinuria
- **Most common cause of renal artery stenosis in elderly?** → Atherosclerosis
- **Most common cause of renal artery stenosis in young women?** → Fibromuscular dysplasia
- **Most common cause of secondary hypertension in young women?** → Renal artery stenosis
- **Most common cause of acute interstitial nephritis?** → Drugs (NSAIDs, penicillin, PPIs)
- **Most common cause of chronic interstitial nephritis?** → Analgesics
- **Most common cause of polycystic kidney disease in adults?** → Autosomal dominant PKD
- **Most common cause of death in ADPKD?** → Chronic kidney disease
- **Most common extrarenal manifestation of ADPKD?** → Hepatic cysts
- **Most common cause of death in ESRD patients on dialysis?** → Cardiovascular disease
- **Most common electrolyte abnormality in CKD?** → Hyperkalemia
- **Most common acid-base disorder in CKD?** → Metabolic acidosis (high anion gap)
- **Most common cause of anemia in CKD?** → Decreased erythropoietin production
- **Most common bone disorder in CKD?** → Renal osteodystrophy
- **Most common cause of death after renal transplant?** → Cardiovascular disease

- **Most common cause of graft loss in renal transplant?** → Chronic rejection
- **Most common cause of acute rejection in renal transplant?** → T–cell mediated immune response

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Pharmacology – One-Liner Flashcards

- **First-pass metabolism occurs mainly in?** → Liver
- **Bioavailability of IV drugs?** → 100%
- **Formula for volume of distribution (Vd)?** → Vd = Amount of drug in body / Plasma drug concentration
- **Formula for clearance (CL)?** → CL = Rate of elimination / Plasma concentration
- **Formula for half-life (t½)?** → $t_{½} = 0.693 \times Vd / CL$
- **Zero-order elimination example?** → Phenytoin, ethanol, aspirin (high dose)
- **First-order elimination meaning?** → Constant fraction eliminated per time
- **Most important cytochrome P450 enzyme?** → CYP3A4
- **P450 inducers?** → Rifampin, phenytoin, carbamazepine, barbiturates, St. John's wort
- **P450 inhibitors?** → Cimetidine, ketoconazole, erythromycin, grapefruit juice
- **Most common route of drug administration?** → Oral
- **Most lipid-soluble route for rapid CNS entry?** → Inhalation
- **Drugs crossing placenta are usually?** → Lipid-soluble, low molecular weight
- **Most common drug receptor type?** → G protein-coupled receptors (GPCR)
- **Gq protein action?** → Activates phospholipase C → IP_3/DAG → $\uparrow Ca^{2+}$
- **Gs protein action?** → Activates adenylate cyclase → ↑cAMP
- **Gi protein action?** → Inhibits adenylate cyclase → ↓cAMP
- **Partial agonist example?** → Buprenorphine
- **Competitive antagonist example?** → Propranolol (β-blocker)
- **Noncompetitive antagonist example?** → Phenoxybenzamine
- **Antidote for acetaminophen overdose?** → N-acetylcysteine
- **Antidote for benzodiazepine overdose?** → Flumazenil
- **Antidote for opioid overdose?** → Naloxone
- **Antidote for organophosphate poisoning?** → Atropine + pralidoxime
- **Antidote for methanol or ethylene glycol poisoning?** → Fomepizole
- **Antidote for heparin overdose?** → Protamine sulfate
- **Antidote for warfarin overdose?** → Vitamin K + fresh frozen plasma
- **Drug of choice for anaphylaxis?** → Epinephrine
- **Drug of choice for acute asthma attack?** → Salbutamol (albuterol)
- **Drug of choice for status epilepticus?** → IV benzodiazepines (diazepam, lorazepam)
- **Drug of choice for generalized tonic-clonic seizures (maintenance)?** → Valproic acid
- **Drug of choice for trigeminal neuralgia?** → Carbamazepine
- **Drug of choice for malignant hyperthermia?** → Dantrolene
- **Drug of choice for thyroid storm?** → Propylthiouracil (PTU), propranolol, steroids
- **Drug of choice for diabetes insipidus (central)?** → Desmopressin
- **Drug of choice for hyperprolactinemia?** → Bromocriptine / cabergoline
- **Drug of choice for schizophrenia?** → Atypical antipsychotics (risperidone, olanzapine)
- **Drug of choice for depression?** → SSRIs (fluoxetine, sertraline)
- **Drug of choice for bipolar disorder?** → Lithium
- **Drug of choice for acute gout attack?** → NSAIDs (indomethacin)
- **Drug of choice for chronic gout?** → Allopurinol, febuxostat
- **Drug of choice for rheumatoid arthritis?** → Methotrexate
- **Drug of choice for systemic mycoses?** → Amphotericin B
- **Drug of choice for herpes simplex?** → Acyclovir
- **Drug of choice for influenza A & B?** → Oseltamivir
- **Drug of choice for malaria (P. falciparum)?** → Artemisinin-based combination therapy
- **Drug of choice for leprosy?** → Dapsone + rifampicin + clofazimine
- **Drug of choice for tuberculosis (initial phase)?** → RIPE: Rifampicin, Isoniazid, Pyrazinamide, Ethambutol

- **Drug of choice for syphilis?** → Benzathine penicillin G
- **Drug of choice for gonorrhea?** → Ceftriaxone

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Pathology – One-Liner Flashcards

- **Most common type of necrosis in infarction?** → Coagulative necrosis
- **Most common type of necrosis in brain infarction?** → Liquefactive necrosis
- **Necrosis seen in tuberculosis?** → Caseous necrosis
- **Necrosis seen in acute pancreatitis?** → Fat necrosis
- **Necrosis seen in immune reactions?** → Fibrinoid necrosis
- **Most radiosensitive phase of cell cycle?** → G_2–M phase
- **Most common cell in acute inflammation?** → Neutrophil
- **Most common cell in chronic inflammation?** → Lymphocyte & macrophage
- **Main chemotactic factor for neutrophils?** → IL-8
- **Most important opsonin?** → IgG & C3b
- **First antibody produced in primary immune response?** → IgM
- **Most abundant antibody in plasma?** → IgG
- **Most abundant antibody in secretions?** → IgA
- **Antibody crossing placenta?** → IgG
- **Antibody causing type I hypersensitivity?** → IgE
- **Antibody involved in type II hypersensitivity?** → IgG, IgM
- **Antibody involved in type III hypersensitivity?** → IgG, IgM (immune complexes)
- **Cell mediating type IV hypersensitivity?** → T lymphocytes
- **Most common cause of primary immunodeficiency?** → B-cell defects
- **Most common primary immunodeficiency disease?** → Selective IgA deficiency
- **Most common leukemia in adults?** → Chronic lymphocytic leukemia (CLL)
- **Most common leukemia in children?** → Acute lymphoblastic leukemia (ALL)
- **Most common lymphoma overall?** → Diffuse large B-cell lymphoma
- **Most common lymphoma in young adults?** → Hodgkin lymphoma (nodular sclerosis type)
- **Reed-Sternberg cell seen in?** → Hodgkin lymphoma
- **Most common site of metastasis?** → Lymph nodes
- **Most common site of bone metastasis?** → Vertebrae
- **Most common primary bone tumor in children?** → Osteosarcoma
- **Most common primary malignant bone tumor in adults?** → Multiple myeloma
- **Bence Jones proteins seen in?** → Multiple myeloma
- **Tumor marker for hepatocellular carcinoma?** → AFP (alpha-fetoprotein)
- **Tumor marker for pancreatic cancer?** → CA 19-9
- **Tumor marker for ovarian cancer?** → CA 125
- **Tumor marker for colorectal & GI cancers?** → CEA
- **Tumor marker for prostate cancer?** → PSA
- **Oncogene in chronic myeloid leukemia?** → BCR-ABL
- **Tumor suppressor gene mutated in retinoblastoma?** → RB gene
- **Tumor suppressor gene mutated in Li-Fraumeni syndrome?** → TP53
- **Tumor suppressor gene mutated in familial adenomatous polyposis?** → APC
- **Viral cause of Burkitt lymphoma?** → EBV
- **Starry-sky appearance seen in?** → Burkitt lymphoma
- **Most common cause of death in cancer patients?** → Infection
- **Earliest change in reversible cell injury?** → Cellular swelling
- **Hallmark of irreversible cell injury?** → Membrane damage
- **Main free radical in reperfusion injury?** → Superoxide anion (O_2^-)
- **Enzyme removing superoxide radical?** → Superoxide dismutase
- **Enzyme removing hydrogen peroxide?** → Catalase
- **Enzyme removing hydroxyl radicals?** → Glutathione peroxidase
- **Amyloid in Alzheimer's disease?** → Aβ amyloid
- **Amyloid in multiple myeloma?** → AL amyloid (light chains)